

8-2012

Iowa State Daily (Need to Know 08-2012)

Iowa State Daily

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by  IOWA STATE DAILY

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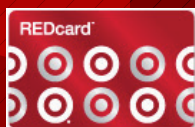
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TABLE OF CONTENTS

8 LIVE

Letters of introduction / ISU by the numbers / Bad roommates / Parking on campus / CyRide: The key to Ames / Freshman don'ts / Biking etiquette 101 / How not to look like a freshman / Back to school basics

28 RELAX

ISU Bucket List / Game on through college

36 EAT

ISU Dining: Healthy eating 101 / The dorm dilemma: Healthy snacking / Adding to ramen

44 SPORTS

Cyclones 101: Your guide to ISU athletics / Fast facts about ISU sports / Opinion: Cyclone fan stands for loyalty / Letter from Jamie Pollard, athletic director

68 WORK OUT

Items you need to bring to the gym / Know how to take advantage of calories / Songs for a killer playlist / Skip the gym with at-home workouts / Make the most of your run by keeping your form

88 RELIGION

Guide to student faith groups

92 LEARN

What they don't teach you at study abroad orientation / Online classes: Friend or foe? / ISU website guide / Where to rent tech / Ideal apps for the college lifestyle / Tips for grad students / Test your acting chops

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PERIODICALS POSTAGE

WHERE CAN I GO TO LIVE?

Introductions

Welcome to Iowa State

Letter from the president of Iowa State University

Welcome new Iowa State students!

I am delighted to welcome you to Iowa State University for the Fall Semester. You have made a great choice in deciding to come to Iowa State and become a Cyclone. There is no better place to experience your college years than here at Iowa State. With the beginning of the new academic year, the campus will be buzzing with activity as you experience new classes, new friends, new activities and many new opportunities to learn and grow.

We want to do everything we can to help you get the most out of this experience and enjoy it to its fullest. Our faculty and staff are eager to assist you with everything you need to know as you make the transition to your new life at Iowa State.

Take advantage of all they have to offer – ask questions, get their advice and make connections that you can continue to use throughout your time at Iowa State and afterward.

Have a fantastic year!

Steven Leath

President



Leath

Letter to new students from the mayor of Ames

Dear incoming ISU students,

Welcome to your new academic home, but also your new city home — or home away from home.

As ISU students, you are now also official residents of the city of Ames. That comes with all the rights and responsibilities of such, including voting. With a presidential election coming up, voting and participating in the process can offer exciting opportunities for involvement — not only in the ISU community but in the larger Ames community as well.

On a lighter side, we hope that you will enjoy all of the fun amenities that Ames has to offer. It would be hard to find a comparable community with more than 30 parks of varying sizes and uses — including a dog park!

Add to that the more than 50 miles of shared use paths for those who come to town with your bicycle. The list goes on.

Diverse shopping and ethnic restaurants surpass that of most

towns our size. Do check them out.

Most exciting is all the shared resources between Iowa State and the city of Ames. At the top of that list is CyRide, serving not just Iowa State, but the entire Ames community. The Ames/ISU Ice Arena is shared and used by community members and students alike. The city and Iowa State share a sustainability coordinator. Again, the list goes on.

All told, we hope the offerings and resources of the Ames community make Iowa State an attractive choice for students. And we know that the athletic, cultural and educational resources make Ames a better place for long-term residents.

Thanks for choosing Ames and Iowa State as your new home. Feel free to call me at City Hall, 239-5105, with any thoughts.

Welcome. We think this is a mighty fine place to live.

Sincerely yours,

Ann Campbell

Mayor



Campbell

Letter from the president of the Student Body

Hello and welcome to the campus of Iowa State, your home for the next four years and the greatest place on earth. My name is Jared Knight, president of the Student Body, and I hope each of you will soon see a small part of why I and so many Cyclones love this place. While you're learning about Iowa State through orientation, I've had a few recent (and not-so-recent) freshmen share tips on how to succeed in and out of the classroom.

Keeping up is easier than catching up. You're going to have readings, homework and occasionally online assignments. Just keep up with them and life will be better.

Attend events. Football and basketball games, homecoming festivities and other random events will provide many fun and new experiences and may often include free food!

Start and keep a budget. The newfound freedom you'll soon

have is fun and exciting but could leave you in financial trouble if you aren't careful. Taking a little time to watch your expenses will go a long way.

Talk to people you sit next to in class. You'll probably see them in future classes, and it's a great way to make new friends.

Hang out with people on your dorm or apartment floor. They'll become your friends, too.

Go to ClubFest and get involved. Join a club, lead a club or even start a club. No matter what your passion is, you have the chance to make a difference and leave a legacy both on campus and in our world.

Go to the Veishea concerts. Period.

I hope you're as excited as I am for this school year, and I hope you're already enjoying your adventure!

Jared Knight

President of the Government of the Student Body



Knight

ISU info

By the *numbers*

5

Number of museums at Iowa State: Brunnier Art Museum, Farm House Museum, Art on Campus program, Christian Petersen Art Museum, and Elizabeth and Byron Anderson Sculpture Garden

8

Number of colleges offered at Iowa State: College of Agriculture and Life Sciences, College of Business, College of Design, College of Human Sciences, College of Liberal Arts and Sciences, College of Veterinary Medicine, and Graduate College

19

Number of on-campus residence halls: Friley, Helser, Martin-Eaton, Birch-Welch-Roberts, Barton-Lyon-Freeman, Linden, Oak-Elm, Maple-Willow-Larch, Wallace-Wilson, Frederiksen Court, Schilleter, University Village and Buchanan

800

Approximate number of student organizations offered at Iowa State

100

Approximate number of majors offered at Iowa State

11

Percentage of ISU undergraduate students involved in the greek community

1954

The year Cy the Cardinal was introduced as the ISU mascot

20

The amount of times ISU football has won the Cy-Hawk trophy against University of Iowa

1858

The year Iowa State was established

1766

The number of faculty members in fall 2011

29887

The number of undergraduate students enrolled at Iowa State in the fall of 2011



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Living

BAD ROOMMATES:

I wish I knew then what I know now

By Elizabeth.Polsdofer
@iowastatedaily.com

My all-time favorite thing I heard this year was, "Once you hate someone, everything they do is offensive. Look at her, eating those crackers like she owns the place!"

I say this because I understand what it's like to have literally every single thing I do be completely offensive. Eating, breathing, sleeping, studying.

In fact, if I saw one of my old roommates now, they would get on every social networking site out there to say how offended they are that I still exist.

College is challenging as is without the extra burden of putting up a strong face at home too. When you're not happy at home, you're not happy anywhere — period. Without further ado, I present my list of "I wish I knew then what I knew now," lessons that were learned the hard way.

1. Set precedent right away

The most important thing you can do when living with someone new is set ground rules.

If you dislike that they don't do their dishes right away or play their music too loudly, then it'll be more difficult to change the habits they've already established at home halfway through the lease than right away.

2. Don't spend every moment with your significant other

One of my old roommates used to have her boyfriend over a lot, which I didn't mind because our apartment didn't usually have boyfriends over.

Then I realized it was every single night — literally every single night.

Then my other two roommates started having their significant others over every single night too.

By the time I moved out, seven people slept regularly at my apartment.

Unless your significant other signed the lease with you and are paying the bills, there is no reason they need to live with you too.

3. Discuss drinking/drug habits

If you're really into drinking or doing drugs at your place all the time, then it will go over much better if that's what your roommates are into as well.

If you're like me and don't want that happening in your apartment constantly, then the quality of life is much different if your roommate insists on taking part in these activities daily.

It doesn't mean that you have to stop doing what you're doing or start doing what your roommates are doing — it just means that you have to learn to respect each other's limits.

4. Trust doesn't develop overnight, so don't be offended if your roommate doesn't instantly trust you

In a perfect world we could all trust each other instantly and be great friends, but unfortunately in the real world, trust requires effort and time. Especially if you don't make the time to get to know and trust one another, look at the signals you're showing. It's unrealistic to expect unconditional trust until you really earn it.



Photo courtesy of Thinkstock

Discuss with your roommate any boundaries that you may have related to drinking, drug use, music or guests. Doing this saves a lot of irritation that may crop up later.

5. Find a compromise on the thermostat

Heating and cooling is expensive, and there are alternatives beside cranking the AC. If someone is in control of the thermostat and not everyone agrees, then that's enough to cause strife. Living in an apartment isn't like the dorms — you can't just crank the AC without thinking about your energy bill at the end of the month. Additionally, not everyone agrees on how much they're willing to pay to be at the perfect temperature.

6. Respect each other's stuff and own up when you've ruined something

If you have destroyed something that doesn't belong to you, then you offer to replace it. No, you don't offer to replace it, you do replace it.

The final straw for me was when my old roommate completely destroyed a Teflon pan that had been in my family for 20 years by cleaning it out with a metal fork after she almost burnt down the apartment

>>ROOMMATES.p12

trying to cook steak. I'm not being rude by critiquing the way you clean out a pan; I'm upset because you destroyed something that my family used to cook with since before you were born.

7. "I pay rent too" has its limits

Most of the time people who use this argument won't honor it when you use it. From the other side of it, they can see this really isn't a valid argument.

I've also noticed that people who demand the perfect freedom to do whatever they want in their apartment won't honor the same when on the other side. If you're going to justify something that's unjustifiable, then come up with a better argument.

8. "I was drunk," is never an excuse to do anything you wouldn't do while sober

Being intoxicated does not give you an excuse or a "get out of jail free" card to do or say anything. If you are going to get completely wasted, then be responsible about it.

Designate someone to take care of you while you're under the influence. Being drunk does not mean you can do anything just because you are drunk.

9. Just because you live in an apartment in no way signifies that you are mature enough to be living on your own

I say this with all kindness and love, but there is a reason why a majority of freshmen live on campus. I regret not living on campus as a freshman, and I know I drove my brother who was a senior absolutely crazy because I couldn't navigate living on my own or spending time in college well.

College is a difficult transition for everyone and living in the dorms is helpful because you're around people who are

going through the exact same thing. Living in an apartment as a freshman does give you a lot more freedom than in high school, but it also gives you a lot of new responsibility that most people aren't ready to handle.

I don't care how much freedom you want or think you should have, but if you can't handle the responsibility you do not deserve the freedom of apartment life.

10. There are such things in the world as introverted people, and they need alone time

If your roommate is spending an excess amount of time in their room or not interacting with everyone else, it's not necessarily because they hate you but because they need a little more alone time than everyone else.

If they aren't getting this alone time naturally, then they'll retreat into their rooms or make an effort to be scarce so they are getting that precious alone time.

If you're living with someone who is introverted, you'll get much farther giving them their space instead of smothering them with goodwill constantly just to double check they're not angry.

11. Don't be that person

Some of you are agreeing and mentally screaming "Thank God someone understands!" but there's also a possibility that if you're reading this, you might also be that person.

That person is the person who makes their roommates win "I have the worst roommate" contests — and this is not something that is flattering.

Roommate relationships are a two-way street and a little reflection goes a long way. Look at things from their perspective and compare them with your own. You don't have to bend your back trying to be the perfect roommate, but an ounce of prevention is worth less than a pound of aspirin.



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Driving

Parking on campus



File photo: Kelsey Kremer/Iowa State Daily

There are many parking lots on and around campus that are managed by Iowa State. Many of the parking lots on the university itself will require a permit.

By Katelynn.McCollough
@iowastatedaily.com

Whether or not to bring your car along to college can be a major decision for some students when heading to Iowa State.

Parking on campus can be a tricky business, and if not done correctly, an expensive mistake.

Permits, smart cards and meters

The majority of parking lots on campus require a permit or for you to pay the meter, many of which are for high turn-over purposes and will only allow you to pay for 30 minutes at

PARKING.p15 >>

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>>PARKING.p14

a time.

The three pre-pay lots on campus accept smart cards, which can hold as much as \$300 that can be put toward the meters in those lots and allow you to stay at the meter for whatever amount of time you need.

Permits and smart cards can be purchased now at the parking division in the Armory.

Read signs carefully before parking in any lot or meter at campus so as to avoid any unsuspected tickets.

If you have a visitor to campus, then they will need a visitors permit before trying to park on campus.

Tickets

If you do find that you have parked illegally while on campus, then you will find a yellow ticket on your car.

The price of a ticket will depend on the parking space you were in when ticketed.



File photo: Iowa State Daily

Tickets received while on campus can be paid either at the Armory or via U-Bill. All tickets need to be paid before graduation.

You can choose to pay your ticket at the parking division located in the Armory or you can wait for it to appear on your U-Bill.

However, all tickets must be paid before graduation.

If you have any questions concerning a ticket that you have received on campus, contact Mark Miller at the parking division office.

Commuting and stadium parking

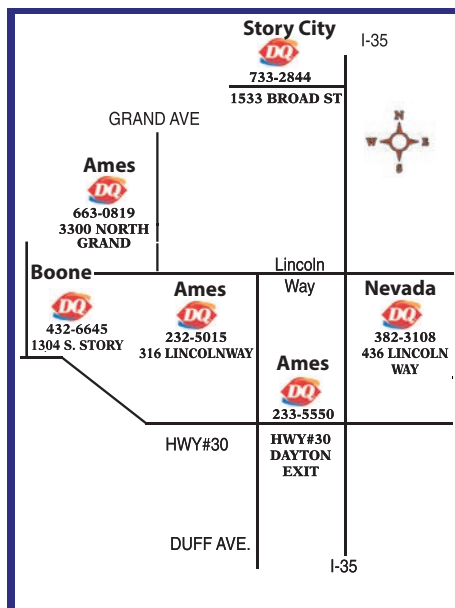
The Jack Trice Stadium parking lot and the commuters lot between Jack Trice and Hilton offer easier parking for students.

Jack Trice is for students in residence halls that require longer term parking for their vehicles. A permit is still required for this lot, and all ve-

hicles will need to be moved by midnight the day before a football game.

The commuter lot is free parking for students that are traveling from off campus locations.

The orange route of CyRide stops at the commuters lot frequently to assist in getting commuters from the parking lot to campus.



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Transportation



File photo: Iowa State Daily

Understanding the CyRide bus system is key to a student's success at Iowa State.

CyRide:

The key to Ames

By Elizabeth.Polsdofer
@iowastatedaily.com

One of the biggest assets a student can have at Iowa State is understanding the bus system CyRide. While walking is a great way to get in shape and spend time outdoors, there are days when taking the bus is more convenient.

No matter how intimidating the maps and routes may look at first glance, there are tricks to understanding the method behind the madness.

Find a destination

The first thing you want to do before you get on a CyRide is figure out where you want to go.

Easy enough. There are maps on every CyRide and in most dorm hallways. One side of the map will have the schedule of buses and the other side will have a map of Ames. Each route is color coded by route so you can figure out where you need to go and what you'll see on the way.

Pick a destination first before you pick a route since several routes meet up in different places and any number of routes

will do the trick.

What direction do I go?

Once you know where you want to go, going there is another hurdle since at any given stop there will be a bus that takes you where you want to go, and another bus that will take you in the opposite direction. CyRide tells you which bus you want by indicating the direction it is headed.

Unless you were an Eagle Scout, knowing what direction is east or west is probably not something you know automatically. The best trick to remember the cardinal directions is to pretend like you're standing on Central Campus in between Beardshear, Curtiss and the Campanile. Beardshear is West; the Campanile is South; Curtiss is East; and North is where the statue of the bear is.

The CyRide map is easiest for directions, laid out in the typical North is up, South is down, West is left and East is right. If you want to go right on the map, you hop on a bus that says "East."

If you really absolutely cannot do directions, then a quick cheat is that the bus will usually have its end route in the name.

For example, the 1 Red West will also read the name "Ames Middle School," which is the last stop on its route.

Lost still?

Ask the bus driver.

CyRide drivers are extremely friendly and are more than willing to help you figure out exactly what bus you need to be on or give you advice on what bus to take. As someone who has spent countless hours perfecting each route, they understand that CyRide routes can be very confusing if you're not familiar. Just tell them where you want to go, and they'll tell you how to get there.

I'm there!

Push one of the buttons or pull on the string along the bus to indicate you would like to stop.

The bus driver will let you off at the next CyRide stop, so make sure that you let them know you'd like off well before your stop.

>>**CYRIDE.p16**
Did you know?

As a team building exercise, CyRide drivers wave at each bus driver they see. It is a requirement of their job to do this literally every time they see another CyRide.

Dos of Cyride

- 1. Show your ISUCard every single time to the bus driver (unless its the free circulators — Orange, Cardinal and Gold) and have it ready to be shown when you're getting on.
- 2. Thank your bus driver for driving you to your location.
- 3. Give up your seat to those who need it more than you. You'll know when you see it.
- 4. Learn the schedule of buses that you will need most often for class or work. It'll save a lot of time and frustration.
- 5. Head to the back of the bus to make more room for people when the bus is filling



File photo: Iowa State Daily

CYRIDE.p18 >>

Looking at a map provided by CyRide is very helpful in figuring out what steps need to be taken to travel around Ames.

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File photo: Iowa State Daily

CyRide buses have a scheduled routine for making their way around campus. Students can ride for free provided that they show their ISUCard to the driver.

>>CYRIDE.p17

up.

6. Exit using the back door.
7. Wait for people to exit the bus before getting on.
8. Explore Ames and Iowa State.
9. Ask bus drivers if you have a question.
10. Take a bus schedule and

map and keep it with you.

Don'ts of CyRide

1. Have that big important phone call while on CyRide where everyone on the bus knows how important you are.
2. Eat at all. CyRide threw this rule in here for a reason.
3. Take up multiple seats

with your stuff when the bus is full.

4. Move two feet when told to move back to make more room and then wonder why not everyone can fit on the bus.
5. Enter in the back door.
6. Have loud, personal conversations.
7. Forget your ISUCard or ignore your driver when they

request to see it.

8. Share your music with the rest of the bus by having your iPod on obnoxiously loud.
9. Forget to get off at your stop.
10. Try to walk in front of CyRide to get free tuition, a rumor that haunts every college campus that has ever existed with a bus system.

Don't worry about missing the bus again.

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Advice

Freshman don't's

Incoming new students should follow these tips

By Conrad.Gredell
@iowastatedaily.com

DON'T be the know-it-all

We've all had to deal with them at some point in our academic career — the guys or girls who always have to chime in on every subject the teacher brings up.

Don't be one.

Eventually you'll have talked so much in class that about three weeks into the semester your voice has become nails on a chalkboard to the other students.

Look around.

The second you raise your hand or open your mouth, your peers are already rolling their eyes or slamming their heads against their desk.

Yes, participation in class is important, but play it cool and keep your comments light and you'll get that 5 or 10 percent of your total grade.

DON'T stray from your group if you're already intoxicated

Stay with your group — you're far less likely to be picked up by Ames or ISU Police Department if you're with a group or a friend.

If you do happen to be stranded by yourself, play it cool and try to walk as straight a line as possible — just focus on the next sidewalk tile ahead of you.

In some cases that may not help, but at least you'll look less drunk, thus you'll be less likely to get picked up for public intoxication.

DON'T wait until the bars to go No. 2

This should be common sense, but seeing as not all of you reading this have been to the bars, let alone seen the atrocities that are their restrooms, this is what you're missing out on. The toilets are in wide open of the bathroom. There's no stalls, no doors and probably no toilet paper. Everyone and their grandma can see nature takes its duty (pun totally intended) on you.

Now, once you get over the fact your defecating in the wide open, you quickly remember what you're sitting on and what's in the bowl. Most toilets in the bars suck and don't flush everything, so you're most likely sitting on a foot-high combination of urine, vomit, used toilet paper and human fecal matter. Gross.

So I guess to shorten that up, take a deuce before you leave for the bars. Play it safe to avoid the humiliation some unfortunate souls have endured.

DON'T waste too much time with video games

Video games can be a fun way to spend a study break. But be wary, if you play too much or too often, you could find yourself in a world of hurt come Dead Week. Games like "Call of Duty," "Halo" or "NCAA Football" can be addictive and before you know it, you're caught up in the addiction.

You stop going to class, you stop studying or doing homework and you stop exercising.

All of a sudden it's the first week of December; you've already gained the fabled "freshman 15," and to make matters worse, you don't know a thing about legumes or the different densities of cheese for your "Intro to Foods" final.



Photo courtesy of Thinkstock

Don't go overboard on studying just to be able to annoy your classmates by constantly raising your hand in class.



File photo: Iowa State Daily

The nightlife of Campustown draws many people. If you are intoxicated you should stick with your group.



File photo: Iowa State Daily

Video games can present a tempting distraction while studying. It is important to manage your time with them so they do not begin to sink your grade.



Riding

Biking Etiquette 101

File photo: Iowa State Daily

By Michael.Finn

@iowastatedaily.com

Long ago when we were glue-eating, finger-painting toddlers, we learned how to ride a bike. It was a rite of passage — it made us feel more independent than we had been used to — a lot like when we first learned to drive a car. We were growing up.

Now the training wheels are off, and bikes are no longer just a kid's toy. Bikes are an increasingly popular way of getting from point A to point B, particularly on college campuses like Iowa State.

In the frenzied swarm of bikers, joggers, walkers, cars and buses that take over the streets and sidewalks in between classes, riding a bike can be dangerous. To avoid a nasty collision with a CyRide bus or an embarrassing fall in front of your fellow classmates, there are a few things that you should know.

1. Think like a car, ride like a bike.

It is a common mistake to think bikers are not subject to the rules of the road. Cars and buses must obey traffic lights, stop signs and right-of-ways, and bikers do too. Maintain a minimum distance of 6 to 8 feet from motor vehicles at all times. Stay to the right as far as possible. Be predictable. And you should never ride against the flow of traffic.

2. Use hand signals when making turns.

Motor vehicles need to know where you are going so that they can adjust their speed accordingly. Any sudden



Photo: Megan Wolff/
Iowa StateDaily

turns or stops could cause a serious accident.

When making left turns, extend your left arm outwards perpendicular to your bike. When making right turns, do the same with your right arm.

3. Be alert.

Always be aware of your surroundings. Keep a sharp eye out for pedestrians crossing the street, and know where cars and buses are. If a vehicle is approaching you from behind, move to the right as far as possible to allow it to pass.

Be extremely cautious of potholes and debris on the roads — these are the landmines of the biking world. A pothole is liable to bend your wheel like a limp noodle and send you flying over the handlebars. Many people have the bruises and scars to prove it.

4. Avoid riding on sidewalks whenever possible.

This may seem counterintuitive, but it is one of the most commonly dishonored rules of the biking world. Riding on



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Photo courtesy of Thinkstock

The bike trails in Ames are a quick way to get around if you have a bike. However, it is important to observe proper biking etiquette while riding them.



Photo courtesy of Thinkstock

Wearing a helmet while biking can make the difference between life and death.



Photo courtesy of Thinkstock

Locking up your bike is helpful in preventing theft. Most buildings on campus have bike racks near them.

>>BIKING.p21

sidewalks might be convenient for bikers, but it is a nuisance to the people who are walking. Stick to the roads as much as you can.

In the event that you have to ride on the sidewalks, be respectful of the people who are walking.

As you approach someone from behind, let them know you're there by saying "On your left" or "On your right." And be sure to say it in a friendly way; don't ruin someone's day.

5. Use lights at night.

Your bike should have a light attached to the handlebars as well as some reflectors on the wheels or behind the seat.

A headlight will help to illuminate the road in front of you, which will help you see potholes and avoid cars. Also, headlights look pretty cool. If you put enough lights on your bike, you'll look like you're in the movie "Tron."

6. Keep your bike locked at all times.

If you have a bike, chances are someone else wants it. Keep it locked up whenever

you aren't using it, and the bike will remain yours. You can choose between a basic cable lock or a tougher U-lock. Cable locks are easily broken, so U-locks are recommended for more security.

7. Maintain your bike

If you don't give your bike some attention every once in a while, it will start to fall apart.

Keep your tires inflated, your chains lubed and your brakes working properly.

If you aren't exactly a bike mechanic, you can bring your bike to places like Skunk River Cycles, ISU Outdoor

Recreation Program and Bike World. They'll give your bike the expert treatment.

8. Wear a helmet.

"Better safe than sorry."

Sure, you might be sorry that you're wearing that hideous thing on your head, but at least you're being safe. One fall off of your bike might mean losing all that valuable knowledge you gained in class. Which means bad test scores. And I doubt any of us want that, given the amount of money we pay to go to school here.

Welcome back students. Be smart. Ride safe. Have fun.

How to not look like a fresh man

By Cherrish.Wills
@iowastatedaily.com

We're all guilty of it when we begin college. Walking on campus and looking like a freshman. Well you are in luck, because this is your fast guide on how to not like a freshman during your freshman year in college.

Top Freshman Mistakes

The drawstring backpack and lanyard combo. Yes, it's awesome to be given free things, especially when you are in college; however, some things should just put. When other people see you packing these around, we're aware you are freshman status.

The freshman T-shirt. If you don't know the fight song when you arrive on campus, trust me you will by the end of your first year at Iowa State. After your first football game, you will know the fight song. So no need to wear the shirt all over campus. However, it works as a pajama shirt or even a possible Halloween costume.

Dressing up for class. You're no longer in high school. You don't have to dress to impress your classmates. You can wear sweats and a hoody and you will be fine. Now I'm not saying don't shower — no one wants to sit by anyone who

FRESHMEN.p24 >>



File photo: Iowa State Daily

Transfer students enjoy the afternoon during Destination Iowa State.

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>>FRESHMEN.p23

doesn't have proper hygiene. However, I'm telling you can relax on how you look for class.

Wearing your high school class shirts or letter jacket from high school.

We're aware you graduated high school.

If you didn't, you wouldn't be a student here.

However, you don't need to be a walking billboard for your high school. You are in college now — it's okay to leave that stuff in the closet sometimes.

Wearing your backpack during the weekends on Campustown.

It's pretty much a bull's-eye for the police and upper-classmen that are out to know you're a freshman. Yes, the backpack seems perfect to carry your alcohol in, but no one is oblivious to what is actually inside the backpack.

Carrying a huge map around on campus. The last thing you want to look like is lost. Have no fear. We have all

been there, but there are ways around this. The day before classes begin, go around by

“I can tell the person is a freshman when they are] wearing their dorm keys with their IDs around their neck.”

Jordan Ganeff

yourself or with some friends and map out where your classes are. By the end of the year you will know the shortcuts. The campus may seem big and impossible to maneuver but as many ISU students have found out, it's not.

Testimonies from ISU students

If you don't want to take my

word for it, the following are fellow classmates who have experienced freshman year and have lived through it.

Here is what fellow students have to say about spotting freshmen from a mile away.

“They wear those string backpacks they get at orientation,” said Ashley Zupp, junior in hospitality management. “They walk around on the weekends with backpacks for their booze, and they wander around with their maps completely open.”

Kati Murray, senior in exercise science, said she can spot a freshman by the map they hold, their ISU lanyard and orientation bag and by looking to see how dressed up they are.

“Carrying around bookbags on weekend nights in Campustown,” said Melissa Krepsley, senior in elementary education when asked how she is able to spot a freshman.

“[I can tell the person is a freshman by] lanyards,

freshman backpacks, CyRide schedule, pulling the string at transfer spots on the bus, bringing books to class, chasing after the bus and wearing a backpack after hours,” said Amanda Peeper, senior in English.

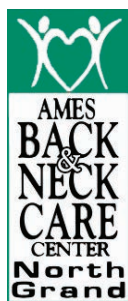
Miguel Rangel, sophomore in civil engineering, said he knows the person is a freshman when they are walking around with a map and asking people their majors every time they meet someone new.

“[I can tell the person is a freshman when they are] wearing their dorm's keys with their IDs around their neck,” said Jordan Ganeff, senior in agriculture business.

These are just the most obvious ways to be a walking advertisement that you are, in fact, a freshman. If the testimonies weren't convincing enough, there are still other ways to survive your freshman year.

You can even purchase

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File photo: Iowa State Daily

Attending Destination Iowa State is a way to get free stuff for your first year as an ISU student.

>>FRESHMEN.p24

how-to books for your freshman year.

A book that helped me my freshman year is "How to

Survive Your Freshman Year" by Mark Bernstein and Yadin Kaufman.

The book has chapters on topics such as moving from home, how to get involved,

laundry, cooking, what to wear tips, dating advice and more.

It's an easy read and it's interesting because the stories are from former freshman who survived.

Just as I have survived and so have countless of other former freshman, so will you.

Just have fun and enjoy the new adventure you are beginning in life.

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Style

Back to

School Basics

By Kayle.Kienzle
@iowastatedaily.com

Every year stores advertise “back to school” specials hoping to capitalize on those returning to classes. Trendy tops and fall lines fill clothing racks, waiting to be plucked by those eager for a fresh start. A new beginning is often symbolized by one's attire. For those starting or returning to college, a new start in style is also coveted. However, unlike high school years, in college, style evolves. Maturity not only takes place in personality but also in personal style. If you're a freshman, you'll begin to quickly notice the differences and staples most students have. Hint: We're not talking solely about Uggs and North Faces. Here are some essentials every fashionable woman needs while taking the next step into the real world.

A black dress

Photo courtesy of Flickr/...loveMaegan



You may already have one, but if you don't, find a black dress in an appropriate length that fits you seamlessly. “The little black dress” is a wardrobe necessity; it can be used in multiple social functions and is timeless favorite.

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Photo courtesy of Thinkstock

Tall boots

At Iowa State, the weather is unpredictable. For the majority of the school year temps will be below 70 degrees. For this reason, a good pair of tall boots can be safe and practical addition to a closet. Tall Boots are ideal, because they can be worn to class, out on the weekends or to other occasions. Invest in a quality pair and they will be sure to last longer than one year.



Photo courtesy of Flickr/CastawayVintage

V-necks

If you're like most college student, you take weekly trips to Target, which can be a good thing. Although you may grab a few unnecessary items, Mossimo V-necks are very versatile wardrobe pieces. In colors like black and white they can be dressed up with skirts, jewelry or tucked in. V-necks can also be worn to places like the gym as well. At \$8, they're an affordable addition to anyone's wardrobe.

Black slacks

Although they can be somewhat boring, black business casual pants, may become a staple and a lifesaver. For an unexpected career fair, interview or presentation, black dress pants are a must. When paired with a clean cut, white or cream blouse and bold jewelry, these plain pants can be rather stylish and appropriate for many occasions.

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WHAT IF I NEED TO RELAX?

Experiences



File photo: Iowa State Daily

Cyclone athletics offers many opportunities for ISU students to bleed cardinal and gold. Attending multiple games for multiple sports will give Iowa State the loudest roar of school pride.

ISU *Bucket List*

By Ashley Hunt
@iowastatedaily.com

Your time at Iowa State is going to fly by. One minute, you're a freshman starting your first week as a college student and the next thing you know you're a senior taking your last final exam.

College is, more than likely, going to be some of the best years of your life, so you're going to want to take advantage of it. Here are some suggestions on how to make the best out of your time here at Iowa State.

1. Go Campaniling

The tradition says one is not a true Iowa Stater until he or she has kissed someone un-

der the campanile at midnight. Tradition also brings a group of couples to the campanile on midnight during the Friday of Homecoming week.

2. Attend a Veishea event

Veishea is known nationwide for being a weeklong party for ISU students, faculty, alumni and the Ames community. Students from colleges around Iowa come during the weekend to participate in the weekend festivities as well. However, Veishea is more than just a time for college students to drink and party. There are several events throughout the week that provide a fun and safe alternative. Events such as Taste of Veishea, the

International Food Fair, the Live @ Veishea concerts and the Veishea parade offer a place to get food, experience culture, listen to music and learn more about Iowa State. The Live @ Veishea concerts usually get some pretty big names, and tickets are pretty cheap, so that's something you won't want to miss.

3. Join a student organization

Iowa State has approximately 800 student organizations to choose from. Get involved during your time here — not only as a resume builder, but as a way to really enjoy yourself at Iowa State. There is something for everyone, from sports to academics

to clubs for your major. Not only is joining a student organization a way to get involved and have fun, it's a great way to meet people and network professionally.

4. Score an internship that you love

Internships are key in landing a job after you graduate. Employers don't just want to see that you graduated but that you also have experience in your field. Not only will you be thankful you got an internship when you're job searching after graduation, you'll have fun doing it too. You can apply for internships out of state or even overseas, so your

MAXIMIZE.p30 >>

>>MAXIMIZE.p29

summer internship can be more than just that. You can spend an awesome summer in New York or California, and if you're lucky, you can earn some money too.

5. Live in the dorms for a year

Most freshmen move into the dorms upon coming to Iowa State, but there are those freshmen who think they won't enjoy it. However, speaking from experience, living in the dorms is a blast. You'll meet other freshmen who are going through the same things you are, and you won't even have time to be homesick. There are always people to meet and things going on in rooms next door or the floor dens. There are quiet hours for when you need to study.

The rooms might be small, but college is the only time you are going to have to experience



File photo: Iowa State Daily

Experiencing residence hall life at Iowa State is just one of the many things students should do before they graduate.

this kind of living.

Take advantage of it and you might find yourself missing the dorms after you move out. I made some of my best friends in the dorms, and some

of my best memories are from my freshman year in Larch Hall.

You're an Iowa State student, a Cyclone. Show your school pride at a sporting event and get your picture

6. Get your picture taken with Cy

MAXIMIZE.p32 >>

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File photo: Iowa State Daily

Attending football games — or any athletic games — is one of the loudest ways to show your support for cardinal and gold. Get to the games early to find the best seats in the stadium.

>>MAXIMIZE.p30

with Cy the mascot. Cy was voted the “Most Dominant College Mascot on Earth” by fans on CBS Sports in 2007. In 2009, Cy was the winner of the Capital One Mascot competition. Why wouldn’t you want a picture with one of the country’s famous mascots?

7. Ride the CyRide Moonlight Express

Better known as the “Drunk Bus” among ISU students, the Moonlight Express runs after the regularly scheduled CyRide lines quit for the night on Fridays and Saturdays. Students hop on the bus to get a safe ride home after a night on Welch Avenue or a party in Campustown. The rides are always entertaining and often packed with students.

If you get on a packed bus, you may be lucky enough to hear an ISU chant or a take part in a sing-along of the old favorite, “Sweet Caroline.”



File photo: Iowa State Daily

Before you graduate, spend a meal at each and every dining center on campus. ISU Dining has three residence hall dining centers, along with multiple cafes and convenience stores.

8. Eat in every dining center on campus

Iowa State has a variety of dining centers that all specialize in different things. Conversations has a coffee bar and bakery. Seasons Marketplace has six specialty stations to choose from. The Union Drive Marketplace, or the UDCC, is a favorite among students, and is always

packed.

Besides the three dining centers, the Hub, the Memorial Union and the Knapp-Storms Dining Center all provide great places to find a good meal.

9. Study abroad

Sure, it sounds scary. It’s a great opportunity to experience another culture in a way

you won’t get to after college. You can always board a plane and travel after you graduate, but you won’t be able to take a class and get that experience.

Iowa State has tons of study abroad options and you can basically go wherever you want. Studying abroad is a great way to meet people from Iowa State, as well as people from other cultures. The time will fly by and you’ll come back with a once-in-a-lifetime experience that you will never forget.

10. Go to an Iowa v. Iowa State football game

Each year the Cyclones battle the Hawkeyes to take possession of the Cy-Hawk trophy. Fans from all across Iowa come to cheer on their respective teams. Last year, the Cyclones won the game in triple overtime, making Iowa a Cyclone state once again. Be sure to attend a game and cheer on the Cyclones to another victory.

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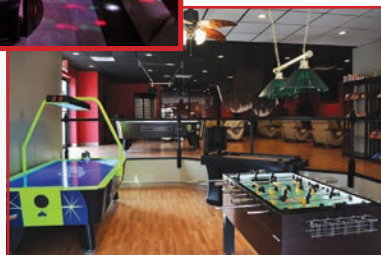
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Main Karaoke Lounge



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Golden Wok is located at 223 Welch Ave and has been opened since 1986. We operate 8,000 square feet out of 3 floors. The first one is our ice cream shop with a gaming area and karaoke lounge. Second floor is our main dining area, carry out and delivery with buffet table. The third floor is our large karaoke room and theme room. Today, Golden Wok serves the finest Chinese cuisine food with multiple dining in, carry out and best Chinese delivery service. Also there is a huge selection of ice cream, freeze, milkshakes, as well as Asian Bubble Tea (mixed with sweet tapioca).

One of the best attractions Golden Wok has is that it features Asian style karaoke private rooms and can be complemented by bottle service. There are five karaoke rooms that can sit anywhere from 6 to 30 persons and available for walk-ins and reservations. Each room features a karaoke on demand (KOD) computer touch screen system with a comprehensive selection of song with real Music Videos in multiple languages, as well as, delectated services. Also, we always update our songs in the data base to keep up with the latest songs and satisfy our customers.

We can host varieties of events, activities, and parties at Golden Wok and have enough space for 100 people in our main lobby area. We have hosted Single Night, Singing Competitions, Speed Dating, Birthday Parties, and Festival Celebration Parties in the past. Therefore, if you like to make new friends or try new things, just come to Golden Wok. It will surprise you.

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Expires Oct. 30, 2012

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Expires Oct. 30, 2012

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With purchase of \$20.00 or
more. (Up to \$3.50 value)

Expires Oct. 30, 2012

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20oz. entree, 1 egg roll, 1 crab rangoon
with fried rice when you order 2 or more
entree's. Add \$1.00 for seafood
Expires Oct. 30, 2012

Golden Party Deal

(Feeds 4-6)

\$39.99

(4) 26oz. entree, (4) crab rangoons, (4) egg roll, (1) order
chicken wings or (L) Asian Chicken Salad. (1) 32oz. soup or
pot sticker. (1) liter of soda. (1) order Sugar Biscuits. Limit (1)
seafood entree/chef's special

Expires Oct. 30, 2012

Small Family Deal

(Feeds 3-4)

\$21.99

(2) 26oz Entree, (2) egg rolls (4) crab rangoons, (1) order sugar
biscuits, (1) 32oz. soup or (L) Asian Chicken Salad. Limit (1)
seafood entree/chef's special.

Expires Oct. 30, 2012

Dinner for 1

\$9.49

(1) 20oz. Entree, (2) Crab rangoons, (1) 12oz. soup. Add \$1.00
for seafood entree or \$1.00 to upgrade to 26oz entree/chef's
special with extra charge.

Expires Oct. 30, 2012

Dinner for 2

\$17.99

(2) 20oz entree, (4) Crab rangoons, (1) 32oz soup or (1)
order of sugar biscuits. Limit (1) seafood entree/chef's
special. \$2.00 upgrade to (2) 26oz. entree.

Expires Oct. 30, 2012

Diversions

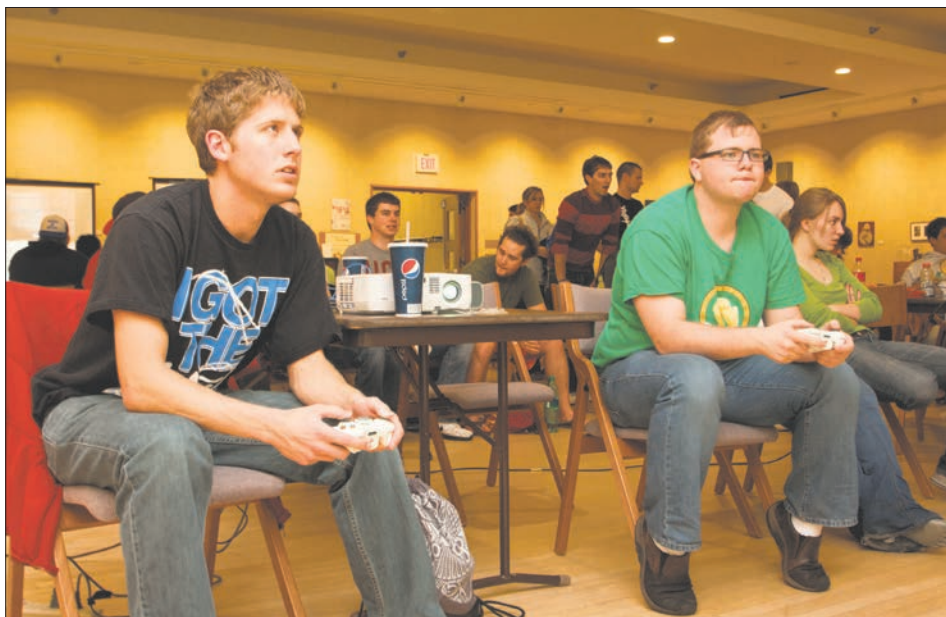
Game on through college

Being conscious of how much you play could save your grades

By Levi Castle
@lowastatedaily.com

Gaming requires a balance of many things.

Among the most important of these things are time spent within the game world and time spent outside the game world. Especially for a college student who isn't living with their parents for the first time, it can be hard to balance classwork and still enjoy long sessions of gaming.



File photo: Iowa State Daily

GAMING.p35 >>

Students play through a video game battle in the Gallery Room of the Memorial Union. Although they are a stress release, video games can create a big distraction from schoolwork.

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>>GAMING.p34

For incoming transfer student Austin Watts, 20, gaming is a hobby that shouldn't take precedence over schoolwork.

"I only game when I don't have any work left to do for the day. I try to game on the weekends and do schoolwork on the weekdays," Watts said.

Watts will be majoring in management information systems beginning this fall.

There are a few things to be aware of when coming to campus, as far as Internet and gaming go.

First of all, setting up an Internet connection varies depending on where you'll be housing.

Schilletter/University Village will give you a router to set up your own connection when you move in, while community advisers and IT departments will help set your computer up on the network if you choose to live in a dorm.

It all varies on where you'll be living, but answers to ques-

tions are just a phone call or short walk away.

Of course, gaming doesn't reach its full potential without an awesome sound system. To respect others around you though, a booming sound system no longer requires 7 speakers and a massive subwoofer. If you like to game loudly, go for a Turtle Beach or Astro headset, whose superior sound quality will treat your ears to an even better sound than a 7.1 set, all while making sure you're the only one who hears it.

While these are some of the higher-end and expensive headsets on the market, they still cost less than what your average 5.1 or 7.1 surround sound entertainment system would.

But be sure to give your eyes a break. It's easy to get lost in the game, but you'll feel it in the morning when you have to wake up. Gaming is like college: Think ahead and balance out the fun, and you'll have the best experience possible.



File photo: Iowa State Daily

A resident in the dorms plays video games as a diversion from homework. Online gaming is one of the popular forms of gaming in the residence halls, as long as the Internet holds.



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WHERE CAN I GO TO EAT?

Lifestyle



File photo: Iowa State Daily

Students prepare to dine in one of the many residential dining centers — such as Seasons Marketplace, Union Drive Marketplace and Conversations Marketplace — found throughout Iowa State.

ISU Dining: *Healthy Eating 101*

*Keep nutrition
in mind when
choosing food*

By Lindsay McNah
AmesEats Flavors Writer

Eating at the dining centers can be overwhelming, especially with the countless choices that surround you each time you step foot in the door. Even though it's tempting to reach for French fries, fried chicken tenders or a generously large piece of chocolate cake, remember to keep nutrition in mind. If you believe that it is nearly impossible to eat healthy at a dining center, here's something to change your mind.

**Here are some tips
for choosing healthier
options:**

Plan it out. If you're looking for a way to reduce the time it takes you to find the perfect meal while obtaining the nutrition your body needs, why not plan your meal ahead? It's easy: From the ISU homepage, click on the letter "D" at the top of the page and choose "Dining Services." From there, click on "Menus" on the left hand side of your screen and find the dining center or café that you plan to eat at.

Take advantage of NetNutrition. This online program is great for meal planning and determining the nutritional content of the food items you choose. Whether

you are a health nut or are simply curious about the amount of calories, fat or sodium in the garlic bread you are consuming, check it out. You can even filter your search if you have a certain allergy or are following a special dietary lifestyle, such as vegetarian or vegan. From the ISU Dining website, click on "Nutrition" and then choose the "NetNutrition" subcategory.

Befriend the salad bar. Even if you're not huge fan of eating leafy greens and other vegetables, don't pass up the salad bar. Not only do they offer healthy items to build your scrumptious salad, but they also have delicious side dishes such as fresh fruit, cold pasta salads, cottage cheese, apple sauce and more. If you do de-

cide to go with the salad route, make sure to choose low-fat dressings, limit the amount of cold cut meats and avoid excessive amounts of toppings such as nuts, granola, etc.

Got milk? If you are lactose intolerant and don't drink animal milk or if you simply want to try a different option, you're in luck. Conversations, Season's and Union Drive offer substitutes for regular milk. In the dining centers you will find both soy and rice milk in a mini refrigerator near the other beverage dispensers or the cereal/waffle bar. They are waiting there just for you, so help yourself.

Drink up! Instead of pouring yourself your typical glass

NUTRITION.p38 >>



File photo: Iowa State Daily

ISU Dining employees aim to accommodate all customers with the made-to-order deli sandwiches, grilled foods, specialty drinks and more.

>>NUTRITION.p37

of soda, why not reach for a flavored water instead. It is a great option that contains little to no calories and still has a refreshing taste. If you're eating over at Season's, make sure to pour yourself some flavored water from the dispensers that contain real fresh fruit.

The frozen dilemma. If you've ever stood in front of the frozen yogurt and ice cream machines wondering which one you should choose, you're not alone.

Most people would tell you that you should obviously go for the ice cream, but as a healthier choice, reach for the frozen yogurt. Frozen yogurt typically has less calories and fat than ice cream does, so you won't feel as guilty about indulging in that delectable dessert. If you do end up going with the ice cream, limit your toppings as the calories can quickly add up.

Ask for help. If you have a food allergy, medical condition or are following a vegetar-



File photo: Iowa State Daily

Iowa State residential dining centers, campus cafés, restaurants and convenience stores are a great place to sit down and enjoy a hot, nutritious meal.

ian, vegan or gluten-free diet, choosing food items at the dining center may be tricky. Don't hesitate to ask the ISU food service supervisor, Sue Philbrook (sueph@iastate.edu) for help with menu planning. She is here to make sure that you have an enjoyable dining experience.

Soups & sauces. Choose broth-based soups (vegetable or chicken noodle) over

cream-based soups such as cream of tomato. Cream-based soups are typically higher in both fat and calories and usually have fewer vegetables than broth-based soups. Similarly, you should add a tomato sauce to your pasta rather than one that is cream-based such as Alfredo sauce. Don't forget to choose whole wheat pasta when available.

Treat yourself. So you've

stuck to your healthy eating plan and now you are craving something sweet and delicious. What are you ever to do? Treat yourself. It's important to choose healthy options while at the dining center, but you certainly don't have to deprive yourself of anything that is even remotely unhealthy. If you still don't want to fully give in to your temptation, reach for a piece of fruit, some Jell-O cubes or pudding.

Extra Tips

When creating your own sandwich, choose whole wheat bread over white bread.

Avoid fried foods. Choose foods that are steamed or baked instead.

Try to incorporate all of the food groups when building your nutritious plate.

Eat your meal in courses. Start with a soup or salad, choose an entrée with a side dish and if you have room, treat yourself to a small dessert.

Limit the sauces, gravy and salt you use to flavor your food.

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Food

The dorm dilemma: Healthy snacking

By Lindsay McNab
AmesEats Flavors writer

While it's so easy to pop open a bag of chips or munch on triple-chocolate-chip cookies, you can easily devour the entire package. Snacking in the dorms can prove to be pretty tricky if unhealthy food is constantly tempting you. Check out these healthy snack foods and tips so you won't have to worry so much about overindulging or watching your food spoil.

Popcorn is perfect for a movie night with friends or as a light snack. Did you know that it is actually considered a whole grain food? Just make sure to buy popcorn that is nearly fat-free, containing little to no added butter. Spice up your summer with Orville Redenbacher's lime and salt popcorn or create your own topping.

SNACKS.p42 >>



Photos courtesy of Thinkstock

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>>SNACKS.p40

Refresh your taste buds by adding flavored drink mixes to your water.

Produce — whether from a local farmers' market or grocery store — is both a nutritious snack and healthy component of your diet.

Here are some great fruit and vegetable tips:

Ripening fruits such as mangoes, nectarines, peaches, plums and pears don't need to be refrigerated.

Berries, cherries, grapes and citrus fruits should all be stored immediately in the refrigerator in order to delay molding.

Spinach, leafy greens, baby carrots and celery should be kept in the refrigerator. Onions and potatoes, on the other hand, should be stored in a cool, dry place such as your closet.

Separate your bananas after you purchase them. When bananas remain together in a bunch, ethylene gas is produced which will cause them to ripen faster.

Don't wash your produce unless you are about to eat it.

Frozen grapes and bananas make a perfect snack for those hot summer days!

Tired of your plain cereal? Sprinkle some berries on top for a sweeter taste.

If you find that your fruit is starting to go bad, slice them up and make a fruit salad. You can never go wrong with a blend of delicious fruits.

Try dipping your vegetables in hum-

mus instead of ranch dressing if you don't prefer eating them plain. Hummus is a great source of protein and comes in a variety of flavors such as artichoke and garlic or roasted red pepper.

Create your own trail mix using a variety of nuts and dried fruit. For fewer calories, try substituting freeze dried fruit instead of regular dried fruit. Trail mix serves as a great on-the-go snack.

If you have a Popsicle mold and a freezer, why not make some delicious summer Popsicles? Cut up slices of fruit and pack into each individual Popsicle mold. Pour water, a reduced sugar juice or flavored water on top of the fruit to fill in the empty space between fruit pieces. Freeze for two hours or until firm and enjoy!

Whole grain cereal is a nutritious breakfast food as well as a great snack! Remember that one serving of cereal is equivalent to one cup.

Feeling hungry? Nuts such as walnuts, almonds and cashews are a good source of protein, which will help keep you full for longer.

A handful is about all you need for a satisfied tummy.

When buying any snack, don't forget to read the nutrition facts label and look for the serving size and amount of calories, fat, sodium and cholesterol for each serving.



Photos courtesy of Thinkstock

Quick meals

Adding to Ramen

Living in a dorm can limit space and eating options. Sometimes it's nice to make something quick with just the microwave and mini-fridge. At a low cost, Ramen Noodles often make for a good solution.

Here are a couple ways to make Ramen just a little better:

Chicken Parmesan Ramen

Ingredients:

- 1 packet of ramen noodles
- 1 jar of spaghetti sauce
- 2 chicken tenders (microwaveable)
- 1 package of shredded mozzarella

Cook noodles, discard or save seasoning packet, drain water, add spaghetti sauce to noodles, set aside, microwave chicken tenders as recom-

mended on package, cut into bite-sized pieces, mix into noodles, sprinkle with mozzarella and microwave until the cheese is melted

Other ways to eat Ramen

Served the Ramen Noodles with:

- butter and Parmesan cheese
- olive oil mixed with garlic powder and Parmesan cheese
- spinach and feta cheese crumbles
- beef flavor packet and a few drops of chili oil
- tuna, peas, cream of celery or mushroom soup and American cheese

*Recipes and ways to eat ramen noodles from StepHideo.com.



Photo courtesy of Thinkstock

When you feel like eating in your dorm room, go for some Ramen noodles. Spice up your meal by adding some extra ingredients to your Ramen.

Mark your Fall Career Fairs Calendars!

Fall Volunteer Fair
September 10, 2012
10:00 AM - 2:00 PM
Memorial Union

Business, Industry and Technology Career Fair
September 26, 2012
12:00 - 6:00 PM
Hilton Coliseum

Engineering Career Fair
September 25, 2012
12:00 - 6:00 PM
Hilton Coliseum & Scheman Building

Ag & Life Sciences Career Fair
October 16, 2012
9:00 AM - 3:00 PM
Lied Recreation Athletic Center

All majors are welcome to attend any event.

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www.career.ag.iastate.edu
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297 College of Design
<http://home.design.iastate.edu/CareerServices>
(515) 294-0735

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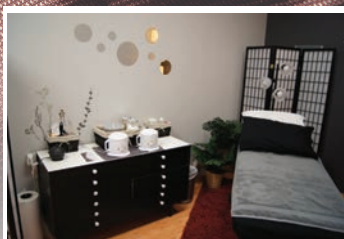
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WHAT IF I LIKE SPORTS?

Athletics

Cyclones 101



File photo: Iowa State Daily

Look for Cy at any sporting event to get the fans pumped up for the Cyclone team.



Soccer

Where: Southwest
Athletic Complex
When: August through
October
Price: Free
2011 record: 9-9-1
(2-6 in Big 12)

File photo: Iowa State Daily

Forward Jennifer Dominguez works her way around the opposition at a night game at the ISU Soccer Complex. The soccer team is coached by Wendy Dillinger.



File photo: Iowa State Daily

ISU quarterback Jared Barnett throws a pass during the first quarter of Iowa State's matchup with Rutgers on Dec. 30 in the New Era Pinstripe Bowl in New York City.

FOOTBALL

Where: Jack Trice Stadium

When: September through December

Price: Season tickets

(based on location of seat and opponent):

range from \$99 to 225

Single-game tickets

(based on location of seat and opponent):

range from \$10 to 65

2011 record: 6-7

(3-6 in Big 12)



File photo: Iowa State Daily

Darius Reynolds lunges for the ball during the Oct. 22, 2011, game against Texas A&M. Texas A&M defeated Iowa State 33-17.



Tennis

Where: Forker

Tennis Courts

When: September to April

Price: Free

File photo: Iowa State Daily

Erin Karonis of Iowa State battles hard against Nataliya Shatkovskaya of Oklahoma State on March 18, 2011, at Ames Racquet and Fitness. Karonis lost by the score of 7-5 4-6 6-1. Oklahoma State beat Iowa State by the score of 5-2.

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Men's golf

Where: Veenker Memorial Golf Course
When: September to June



Nate McCoy, now a graduate of Iowa State, was the lone senior his last year on the men's golf team, with the rest of the team being freshmen and sophomores.

File photo: Iowa State Daily

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ISU Bucket List

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- 4) Kiss under the campanile
- 3) Storm the field after beating the Hawkeyes (again)
- 2) Swim in Lake Laverne
- 1) LEARN TO FLY

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Women's golf

Where: Veenker Memorial Golf Course

When: September to June



Photo courtesy of ISU Athletics

Prima Thammaraks hits the ball for the ISU women's golf team. Thammaraks was a sophomore on last season's team. The women's golf team is coached by Christie Martens.



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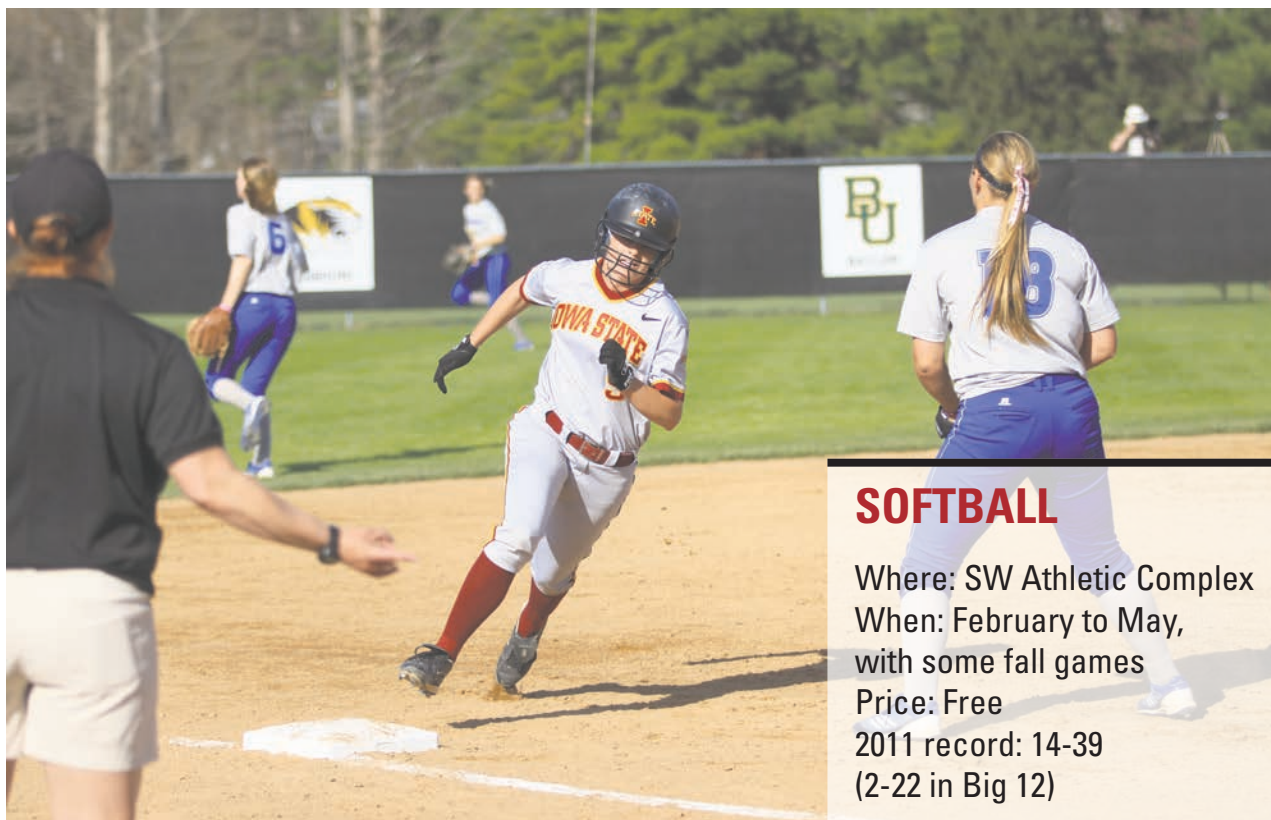


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SOFTBALL

Where: SW Athletic Complex
When: February to May,
with some fall games
Price: Free
2011 record: 14-39
(2-22 in Big 12)

File photo: Jordan Maurice/Iowa State Daily

Freshman infielder Lexi Slater rounds the bases March 28 to score Iowa State's only run of the game that afternoon. The team is coached by Stacy Gemeinhardt-Cesler.

CYCLONE GOAL

2012 - 2013 SCHEDULE

9/12	Intersquad
9/14 & 15	Huntsville Havoc
9/21 & 22	Exhibition
9/28 & 29	Texas Tech University
10/5 & 6	Arizona State University
10/12 & 13	at Ontario University Athletics (CIS)
10/19 & 20	Robert Morris University - CSCHL
10/26 & 27	University of Illinois - CSCHL
11/2 & 3	at Indiana University - CSCHL
11/9 & 10	University of Oklahoma
11/16 & 17	at Lindenwood - CSCHL
11/23 & 24	West Virginia University
11/30 & 12/1	Central Oklahoma
12/7 & 8	Dakota College-Bottineau
1/4 & 5	at Robert Morris University - CSCHL
1/11 & 12	Ohio University - CSCHL
1/18 & 19	at University of Illinois - CSCHL
1/25	University of Iowa
1/26	at University of Iowa
2/1	at Central Oklahoma
2/2	at Oklahoma
2/8 & 9	Lindenwood University - CSCHL
2/15-17	CSCHL Tournament @ Ohio University
2/22 & 23	Exhibition
3/1-5	ACHA Men's D1 National Tournament at Bensenville, Illinois



Single Game Tickets

Child: \$5 Student: \$7 Adult: \$10

Season Tickets

Child: \$75 Student: \$95 Adult: \$150

www.cyclonehockey.com



WRESTLING

Where: Hilton Coliseum

When: November
to February

Price: Season tickets
(Public): \$65

Single-meet tickets:
\$10 (\$15 vs Iowa)

File photo: Iowa State Daily

Jerome Ward fights to escape his opponent, Taylor Meeks, during the National Dual meet at Hilton. Ward defeated Meeks 11-7 by decision. The wrestling team is coached by Kevin Jackson.



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G	D	X	Q	I	T	O	Y	E	F	O	B	L	Q	Q



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File photo: Iowa State Daily

Iowa State faced off with No. 1 and overall top-seeded Kentucky in the third round of the NCAA tournament in Louisville, Ky., falling 87-71 to the Wildcats. The Cyclones trailed for all but the game's opening 21 seconds and tied the game only once, at 42 all mid-way through the second half, in falling to the Wildcats. Kentucky had four players score in double figures, led by Marquis Teague's 24. The Cyclones had three double-digit scorers, led by Royce White's 23-point effort. The Cyclones are coached by Fred "The Mayor" Hoiberg.

MEN'S BASKETBALL

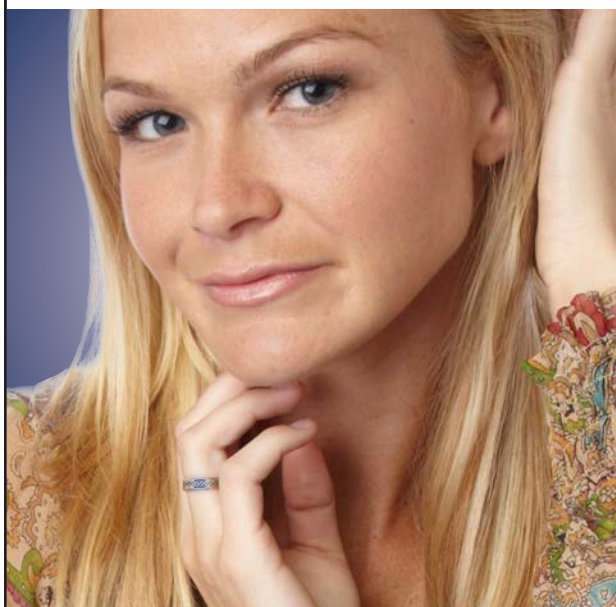
Where: Hilton Coliseum

When: November to March

Price: Must purchase All-Sports Option
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2011 Record: 23-11 (12-6 in Big 12)

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File photo: Jordan Maurice/Iowa State Daily.

Then-junior forward Chelsea Poppens gets fouled as she goes up for a shot Feb. 21 at Hilton Coliseum. With her 13th double-double, Poppens has racked up 949 career points at Iowa State.

WOMEN'S BASKETBALL

Where: Hilton Coliseum

When: November to March

Price: Student season tickets: \$30

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general admission \$10

2011 Record: 18-13 (9-9 in Big 12)

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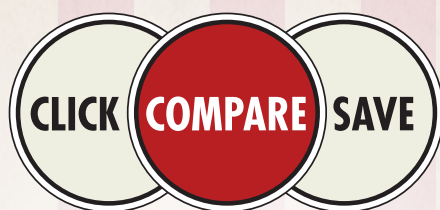
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GYMNASTICS

Where: Hilton Coliseum

When: January to April

Price: Season Tickets \$20

Single-match tickets: \$7



File photo: Iowa State Daily

Then-sophomore Hailey Johnson performs on the uneven bars during the ISU gymnastics team's meet versus Minnesota on Feb. 26 at Hilton Coliseum. Johnson's score of 9.675 helped the Cyclones dominate the bars with a team score of 49.050. The gymnastics team is coached by Jay Ronayne.

TRACK AND FIELD

Where: Lied Recreational Center

When: December to June

Price: Free



File photo: Iowa State Daily

Relay teams B and A finish the men's distance medley during Iowa State's Opening meet. The men's and women's teams are coached by Corey Ihmels.



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Statistics

Fast facts about ISU sports

FOOTBALL

- 2011 record: 6-7 (3-6 in Big 12)
- Bowl game: 2011 Pinstripe Bowl in New York (Lost to Rutgers 27-13)
- Highest Ranking Achieved: No. 9 (2002)
- Last conference title: Missouri Valley Conference (1912); Co-Big 12 North Champions (2004, 2005)
- Key returnees: No. 20 Jake Knott, No. 47 A.J. Klein, No. 8 James White
- Head coach: Paul Rhoads



File photo: Jordan Maurice/Iowa State Daily

One of the more memorable performances from the 2011-12 season was when Iowa State defeated No. 2 Oklahoma 37-31.

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File photo: Iowa State Daily

Defensive specialist Kristen Hahn serves the ball to Miami during the second round of the NCAA Volleyball Championship on Dec. 3, 2011. The Cyclones beat the Hurricanes in the first three sets, advancing them on to the Sweet 16.

VOLLEYBALL

- 2011 record: 25-6 (13-3 in Big 12)
- NCAA Tournament appearances: second round in 2006, Sweet 16 in 2007, Elite 8 in 2008, Sweet 16 2009, first round 2010, Elite 8 2011
- Highest ranking achieved: No. 5 (2009)
- Key returnees: No. 14 Jamie Straube, No. 14 Victoria Hurr
- Head coach: Christy Johnson-Lynch



SOCCER

- 2011 record: 9-9-1 (2-6 in Big 12)
- First season: 1996
- Last NCAA Tournament appearance: 2005
- Key returnees:
No. 16 Jennifer Dominguez,
No. 6 Brittany Morgan
- Head coach: Wendy Dillinger



File photo: Huiling Wu/Iowa State Daily

Midfielder/defender Mary Kate McLaughlin reaches to the ball during a night match against South Dakota State at ISU Soccer Complex. McLaughlin will not return to play for the new season.

CROSS COUNTRY

- Men: 2-Time NCAA Champions (1989, 1994)
- Women: 5-Time NCAA Champions (1975, 1976, 1977, 1978, 1981)
- Women: Won 2011 Big 12 Conference Title
- 19 NCAA individual champions, 281 All-Americans, 396 Conference Champions, 2 Olympic Gold Medalists, 6 previous World-Record Holders
- Spotlight: Lisa Koll('06-'09): holds the American-collegiate record in the 10,000-meter run and was the 2008 NCAA national champion in that event
- Head coach: Corey Ihmels



File photo: Grace Steenahgen/Iowa State Daily

ISU men and women both placed first Sept. 7, 2011, at the Iowa Intercollegiate Meet.

Changes

Cyclone fan stands for loyalty

At the risk of making myself sound much older than I am, I have witnessed life at Iowa State over the span of three decades.

I was here from the tail end of the 1990s until the very beginning of the new millennium, trying to stay sane in the pursuit of an electrical engineering degree. And now I'm back, in the second decade of the millennium, trying to get to law school. My presence here across time gives me perspective and allows me to perceive changes here that most students cannot.

I have come, gone and returned, and the Iowa State I knew before stands in stark contrast with Iowa State now. We've changed, some for the better, some of it decidedly



By Barry Snell
@iowastatedaily.com

for the worse. Sports fans are without a doubt, one of the things that have changed for the worse in the last decade.

Dan McCarney was coach when I was here first. And what a great time to be a Cyclone. It was during the McCarney years Iowa State really started winning games again. I was here the first time we beat Iowa in years. If you think Jack Trice Stadium was nuts when we beat Oklahoma State last season, you haven't seen anything.

But the character of the Cyclone fan has changed. Even though we essentially rioted after we beat Iowa, it was still somehow different.

Students tailgated in the 1990s; they always have. But you could go to a game and not run a high probability of getting into a fight with some drunk, having them fall down on you from the next row up, or getting puked on. Yeah, we yelled; we heckled, and we screamed our share of trash. But never did we shout profanities at the other team or the refs. Only a handful of police could be seen amongst the student crowd back then, not standing in every aisle as they do now.

I love Cyclone sports. I love it because Iowa State, for the most part, isn't the best team in

the nation for just about anything. And because of that, fans of Iowa State love our teams because they love them, because we're loyal sons and daughters of our beautiful school, not because we're all over ESPN and have a great marketing machine. As one joke goes, "I wear an Iowa State shirt because I went to Iowa State. You wear an Iowa shirt because you went to Wal-Mart."

Our previous sports editor here at the Daily, Jeremiah Davis, once wrote, "don't be a sports fan nobody wants around." That's good advice.

Barry Snell is a senior in history from Muscatine, Iowa.

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Letter

Jamie Pollard gives welcome to new Cyclones



Dear fellow Cyclones,

On behalf of our staff and coaches, along with several hundred of your peers — who play intercollegiate sports at Iowa State — it's my pleasure to welcome you to Iowa State. We are excited to have you in the Cyclone family.

We hope that Cyclone athletics will be an important part of your collegiate experience and that attending games and showing your school spirit is something you cherish.

The student support for our programs is the foundation for any successes we achieve on the field or the court. Students bring an energy that sets the pace for the entire game-day atmosphere.

We need and we want your support. Our coaches tout the loyalty and passion of our fan base, especially the support from the student body. It's our sincere hope that you sign up to be a part of Cyclone athletics and attend games.

To encourage your involvement, we've developed several student ticket options. The best and most comprehensive deal is the "All-Sports Package," which provides access to football and men's basketball, includes a football jersey and a membership in Cyclone Alley. This ticket package is your only way to get a season ticket to men's basketball games this year. The package is available for \$249 — a savings of \$68 off the total cost. Tickets options are also available for individual sports, if that's your preference. Go to Cyclones.com and order your student tickets now.

See you at Jack Trice Stadium this fall, and go Cyclones!

Jamie Pollard
Director of Athletics

File photo: Kendra Plathe/Iowa State Daily



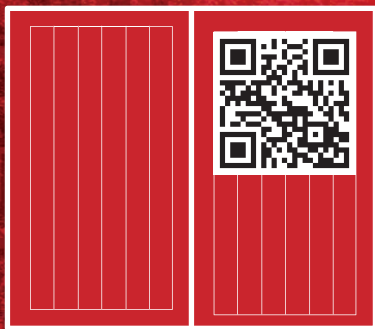
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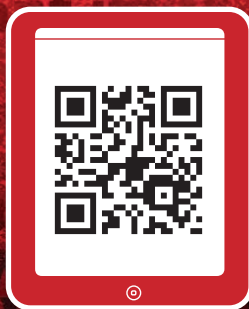
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WHERE CAN I GO TO WORK OUT?

Essentials



Items you need to bring to the

GYM

Photo: Adam Ring/Iowa State Daily

The new State Gym, opened earlier this year, offers no shortage of state-of-the-art equipment, such as these exercise bikes located near the skywalk.

Don't forget these, and you'll have a great workout

By Katherine.Klingseis
@iowastatedaily.com

As an ISU student, you have the luxury of having many recreation facilities at your disposal. To take full advantage of these facilities, you need to bring a few items with you when you go to the gym.

1. Student ID

Your ISUCard will serve as your lifeline when it comes to all sorts of things at Iowa State, including access to recreation facilities.

When you walk into one of the recreation facilities on campus, you must present



File photo: Lyn Bryant/Iowa State Daily

ITEMS.p70 >>

State Gym requires students to scan their ID cards to enter. If you want to go work out, make sure you bring your ISUCard to get in to the facilities on campus.



Photo courtesy of Thinkstock

Staying hydrated and drinking lots of fluids is key to getting the best workout. Water is the best option if you are doing a short, hourlong workout. If on a power workout, consider drinking a sports drink such as Gatorade.



File photo: Iowa State Daily

Wearing the proper attire to the gym can make your workout easier, allowing you to stretch and flex more comfortably. However, stay classy and don't try to show off too much skin.

>>ITEMS.p69

your student ID on request. If you don't have your card, you won't be admitted in — the recreation services staff is pretty strict about that.

An easy way to remember your card is to always keep it in your wallet and then bring your wallet with you when you go to the gym.

Of course, if you bring your wallet, you'll want to put it in a locked locker. There have been a few cases of stolen items at recreations facilities, Lied Recreation Athletic Center in particular.

2. Fluids

Staying hydrated is extremely important when you are working out. Your tendons, ligaments and organs all need to be hydrated in order to function properly. If you are dehydrated, the quality of your workout will suffer.

Water is the best option when you are working out for less than an hour. Any longer, you may want to consider drinking a sports drink, like Gatorade, to replenish lost nutrients and calories.

Just remember, sports drinks contain calories. If you are trying to lose weight, you won't have much luck if you burn 300 calories and then consume 300 calories of Gatorade. Your workout won't be a moot point — because you'll be gaining muscle tone and improving your cardiovascular system — but the workout won't help with calorie reduction, a crucial component of weight loss.

If you choose to drink water, you should bring your own and not rely on the gym's drinking fountains.

Drinking fountains contain germs on their surface, even the cleanest ones. When you drink out of a drinking fountain, at a gym or any place else, you are exposing yourself to those germs. To play it safe, bring water in your own container.

For those who opt for sports drinks, check the nutrition labels before you stick one in your gym bag. Many will contain a load of calories and sugar, two things most exercisers can do without.

3. Proper attire

Wearing the proper attire is vital when working out. Even though styles differ, the one common theme to remember is workout attire should be comfortable, whatever that may mean to you.

There are also safety issues when it comes to workout clothing. You need to wear supportive shoes when you are exercising. Wearing inappropriate shoes may cause twisted ankles or other injuries.

Workout clothing should also be somewhat classy — you shouldn't wear clothing that shows too much skin. If you wouldn't want your parents to see your clothing, then you probably shouldn't wear it to a public gym.

Before going to the gym, you need to make

>>ITEMS.p70

sure you are either wearing your workout wear or have it in your possession. You don't want to be walking up the stairs at State Gym and realize you forgot your running shoes.

To remember your workout attire, unpack your gym bag as soon as you get home from your workout and then pack it with fresh workout wear for the next time you go to the gym.

4. Electronic device and/or headphones

Some people work out best when they focus solely on exercising, without any distractions. For others, they may find solace from sweat and fatigue in music or TV.

ISU students are lucky because Lied and State Gym both have televisions for exercisers to watch while they work out. State Gym has televisions mounted on its machines while Lied has televisions

mounted on a wall.

If you want to listen to the televisions, all you have to do at State Gym is plug your headphones into a socket on the machines. At Lied, you have to tune in via radio to listen to the televisions.

You could also bring a tablet or iPad to the gym and set it on your machine.

You can then plug in your headphones and watch something on Netflix, Hulu, YouTube or any other video application — State Gym and Lied both have Wi-Fi.

More of a music fan? Take your iPod or other music device with you when you go to the gym.

5. Necessary shower items

Some people are bashful and would never use a public shower. However, if you are comfortable taking a shower at a gym, there are a few items you must have with you before you leave home.



Photo courtesy of Thinkstock

Many people listen to music for an energy boost. Remember to bring headphones when you head to the gym.

First, you must have flip flops. Entering a public shower barefoot is just asking for foot fungus. A cheap pair of flip flops could save you from that discomfort.

Second, you will need to bring a towel. If you don't bring something to dry yourself off, you'll make your clothes wet, leading to even more discomfort.

Third, you should bring shampoo and/or conditioner with you when you go to the

gym. You will also want to pack some body wash and any other hygiene products you use.

A hair dryer is bulky and will take up some space in your gym bag, but it's incredibly useful to those with longer hair or those who want their hair to be dried quickly.

Finally, bring clean clothes with you to the gym. Without clean clothes, you will take a shower and then dress in sweaty, dirty clothes, defeating the purpose of the shower.

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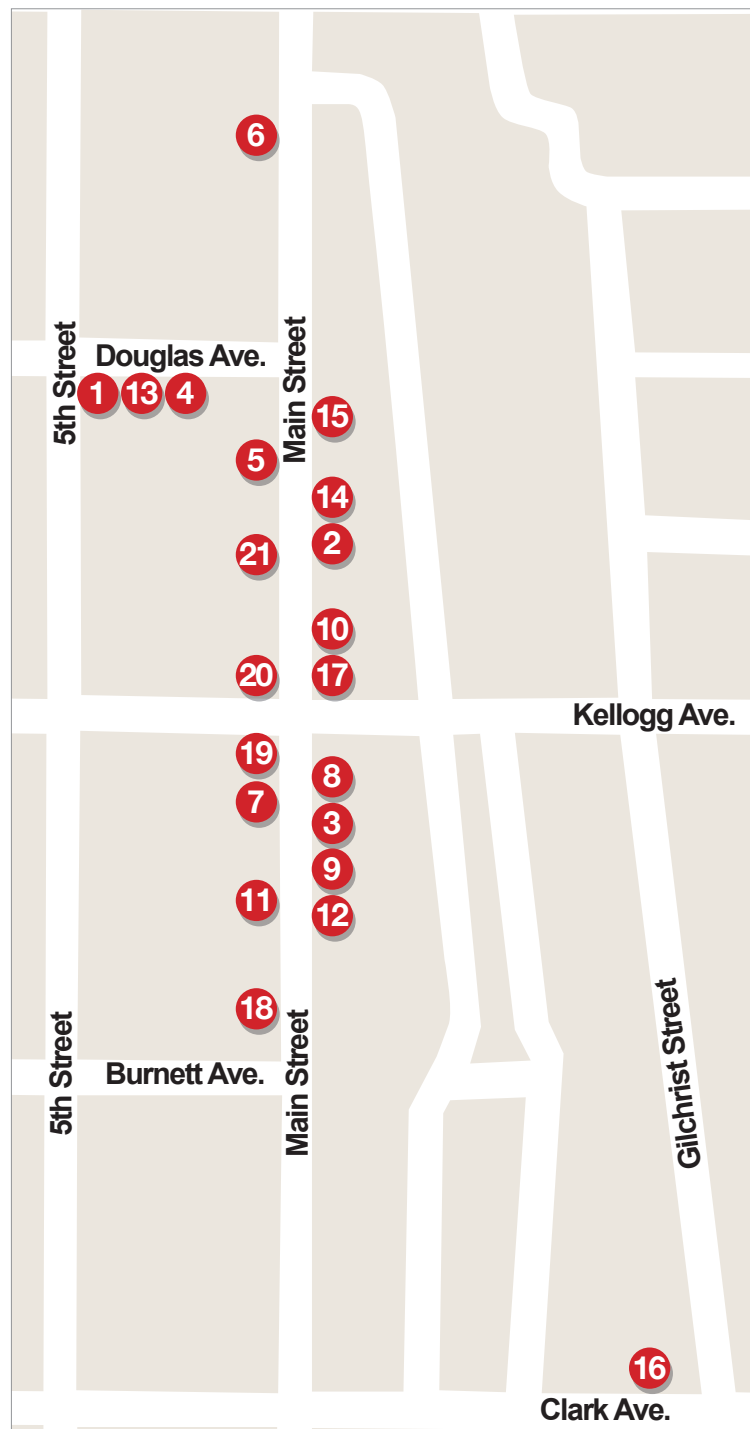
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Know how to take advantage of calories

By Katherine.Klingseis
@iowastatedaily.com

Burning calories is a crucial component of weight loss. However, many people are confused about how best to burn calories. Here are some quick facts about calories:

A calorie is an unit of energy. Think of calories as batteries and your body as a very complex toy. You need calories for your body to function properly — just like how a toy needs batteries.

Basal metabolic rate is the amount of energy your body needs to survive — what it takes to power your vital organs. A person's BMR is dependent on his or her weight, age, height and gender. If you do a quick Google search of "BMR calculator," you'll find many on-line calculators that will tell you what your BMR is.

You consume calories when you eat food. You burn calories just by living. You burn more calories when you

move.

A gram of carbohydrate and gram of protein both equate to four calories. A gram of fat equates to nine calories.

The more you exert your muscles, the more calories you will burn.

To lose body fat, you must burn more calories than you consume. You must burn 3,500 calories to lose one pound of fat.

The more muscle mass you have, the higher your BMR is. If you build up your muscles, you'll burn more calories just by simply living.

Cardio is the best way to burn calories. More strenuous cardio activity, like running, will burn more calories than less strenuous activity, like walking.

The amount of calories you burn when you exercise depends on the type of activity, your average heart rate while doing that activity, your weight, your height, your age, your gender and your muscle mass.

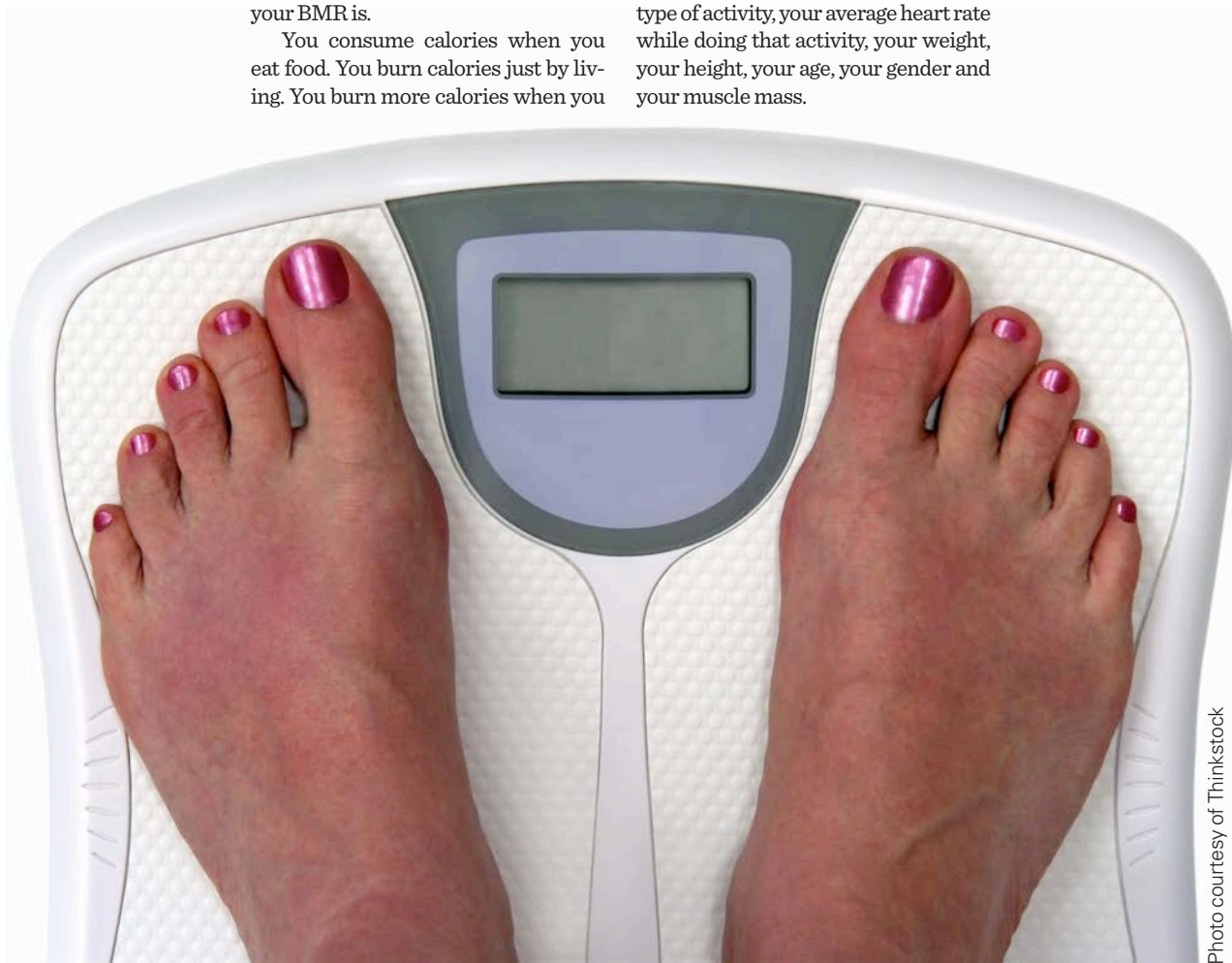


Photo courtesy of Thinkstock

Music

Tips for a killer playlist

We've compiled 20 great songs for your exercise routine

Top five relaxation songs: Top '90s workout songs:

1. "I Won't Give Up" by Jason Mraz
2. "Lego House" by Ed Sheeran
3. "Drop in the Ocean" by Ron Pope
4. "Love Song Requiem" by Trading Yesterday
5. "Worlds Apart" by the Mostar Driving Club

1. "Gettin' Jiggy Wit It" by Will Smith
2. "Wannabe" by Spice Girls
3. "It's the End of the World as We Know It (And I Feel Fine)" by R.E.M.
4. "Jump On It" by Sir Mix-A-Lot
5. "Blue (Da Ba Dee)" by Eiffel 65

Top five new workout songs:

1. "Titanium" by David Guetta and Sia
2. "Payphone" by Maroon 5
3. "The Fighter" (feat. Ryan Tedder) by Gym Class Heroes
4. "50 Ways to Say Goodbye" by Train
5. "Some Nights" by Fun

Top five '00s workout songs:

1. "Yeah" (feat. Lil' Jon and Ludacris) by Usher
2. "Temperature" by Sean Paul
3. "Womanizer" by Britney Spears
4. "Forever" by Chris Brown
5. "Boom Boom Pow" by Black Eyed Peas

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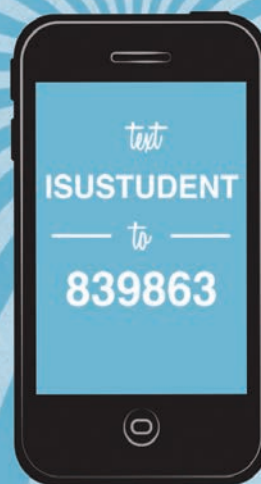
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Dorm workouts

Skip the gym with at-home workouts

Easy exercises for students living in dorms

By Katherine.Klingseis
@iowastatedaily.com

With classes, clubs and jobs, busy college students may find it difficult to spare time to go to the gym. However, just because you can't make it to the gym doesn't mean you can't burn some extra calories during the day. Here are three workouts you can do in your dorm room that will make you burn calories and help you get or stay in shape.

1. Yoga

Yoga is a beneficial activity for both your physical and mental health. It tones your muscles at the same time as it clears your mind and helps relieve stress.

To practice basic yoga in your dorm room, all you will need is a yoga mat, which you can buy at any department store. When you want to try more difficult yoga positions, you will want to purchase other equipment, like an exercise ball or a yoga block.

As a beginner to yoga, you should stick to just a few simple moves for your yoga workouts. Yogajournal.com is a useful website for those interested in beginning yoga. It describes how to do several poses, including those that are best-suited for beginners.

Some popular basic yoga poses are: downward facing dog, tree, child, cobra and half lotus. If you need assistance

with planning yoga workouts, read a yoga book or watch a yoga movie. There also yoga apps on iTunes and Android stores.

2. Video game workouts

Playing video games has become beneficial to your health — well, at least playing some video games has.

With the development of motion-sensing technology, gamers can now control video games with their bodies.

All three popular game systems, Wii, Xbox 360 and Playstation 3, utilize this technology and have games that requires gamers to get up and burn calories.

Konami was the first company to have major success with exergames. "Dance Dance Revolution," which challenges players to "dance" by stepping on a pad in the right sequence and speed, was released by Konami in 1998 and has since garnered much acclaim. The game is on all three major consoles.

Nintendo also found success in exergaming when it released "Wii Fit" in 2007. When playing "Wii Fit," players use the Wii controller and Wii Balance Board to do various exercises, such as yoga, aerobics, strength training and balance exercises.

Health clubs, nursing homes and rehabilitation centers have used "Wii Fit" as a tool in their facilities.

SCE London Studio burst on the exergaming scene in 2005 when it developed "EyeToy: Kinetic" for

WORKOUTS.p79 >>

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>>WORKOUTS .p77

PlayStation 2. "EyeToy" is a motion-capturing digital camera and video game series. There are many games in the "EyeToy" series, with "EyeToy: Kinetic" focusing the most on exercise.

The "EyeToy"'s successor was PlayStation Eye, which was released in 2007. PlayStation Eye is compatible with many video games. When combined with PlayStation Move, a motion-sensing controller, players have precise control of the in-game avatars.

Several companies have utilized this technology to develop exergames, like "Zumba Fitness," "UFC Personal Trainer" and "Just Dance."

Xbox 360 has the Kinect, a motion-sensing input device that was released in 2010. Some popular exergames that uses the Kinect are: "Your Shape Fitness Evolved," Jillian Michaels Fitness Adventure," "Zumba Fitness," "UFC Personal Trainer" and "The Biggest Loser Ultimate

Workout."

3. Strength training

You can do effective strength training without having to lift weights at the gym. In fact, you can do strength training in your dorm without having any weights at all.

Each strength training exercise works a different part of your body. For triceps, try the chair dip: Sit on the edge of a chair and use your arms to lower and lift your body off the chair. Repeat this move five to 10 times for two or three sets.

Another simple exercise is the wall pushup, which works your chest. Begin by standing next to a bare wall with your arms touching the wall at shoulder level and your feet a couple feet from the wall.

As you exhale, push your body off the wall using your arms. Then, inhale as you lower your body back against the wall. Repeat this move five to 10 times for two or three sets.

To tone your thighs, try forward lunges. To begin the



Photo courtesy of Thinkstock

Yoga benefits both your physical and mental health. Begin with simple yoga positions and then tackle more difficult ones, like the lotus pose above.

move, stand with your feet together, engaging your core muscles.

Next, step forward and lower your body until your thigh is parallel to the floor, making

sure your knee doesn't go past your foot. Then, use your thigh and butt muscles to push your body back into the starting position. Repeat this move five to 10 times for two or three sets.

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Exercise

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Photo: Megan Wolff/Iowa State Daily

Participants run the 2012 Midnight Madness on July 14 in downtown Ames during the Iowa Games. The 2012 Iowa Summer Games were at Iowa State from July 12 to 15.

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When running, it's important to be self-aware

By Katherine.Klingseis
@iowastatedaily.com

Running is a great exercise for a number of reasons — it's a huge calorie burner, you don't need a lot of expensive equipment and you can do it just about anywhere.

One misnomer, however, is that running doesn't take skill — anyone can do it. While it is true that most people can run, it's untrue that everyone runs well.

Here are five common mistakes runners make and ways to correct those mistakes.

Shallow breathing

If you run, you likely have been the victim of the dreaded side cramp. These pains may cause you to pause or even quit your workout.

There are many theories on what causes side cramps, or stitches. A popular theory states side cramps are muscle spasms of the diaphragm, resulting from shallow breathing, when you only take short, quick breaths when you run.

You get side cramps because your organs move up and down when you run. Some state this movement puts strain on your diaphragm, leading to pain.

To remedy the problem, try breathing in deeply when you run. When you do this, your diaphragm will stay in a lowered position for a longer period of time, reducing the strain on your diaphragm and, thus, preventing you from getting side cramps.

If you do get a side cramp while running, you should stop running, take some deep breaths and press wherever it hurts with two fingers for 10 seconds. Once the pain disappears, begin walking and then

RUNNING.p82 >>



File photo: Iowa State Daily

Running is an easy way to exercise and burn calories, but most people who do run use improper techniques. Follow these steps to get the most out of your run.



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File photo: Iowa State Daily

Finding the right form for running can not only improve your running workout but also improve your overall physical health. Maintain proper running stance to keep fit.

>>RUNNING.p81

ease into running.

Running on your heels

Many amateur runners will run on their heels — it's the natural way. However, heel-striking poses dangers, like shin splints, Achilles Tendonitis and several other ailments. Also, when you land on your heel, you are essentially halting your forward momentum, which is not an effective running technique.

To improve your running technique, practice running on the balls of your feet. When you run barefoot, you'll probably run on the balls of your feet anyway. Practice running barefoot for a while and then put on some shoes, or, if you wish, continue running barefoot.

Running on the balls of your feet will help propel you forward. It will also decrease the chances of you getting

injured.

To help with your running technique, do some foot exercises before running. A simple exercise is just to simply lift your heels and twist your feet around in circles.

Letting your hips drop

Many runners tend to drop their hips when they get tired. Some call this "sitting in the bucket." Essentially, this occurs when a runner tilts his or her pelvis forward and drops his or her hips back.

When you "sit in the bucket," you reduce the effectiveness of your hamstrings and gluteus in powering your stride. This kind of running can lead to back and hip problems.

Often times, "sitting in the bucket" is a sign of weak core muscles. You should work on building up your core muscles to make sure your muscles can

RUNNING.p85 >>

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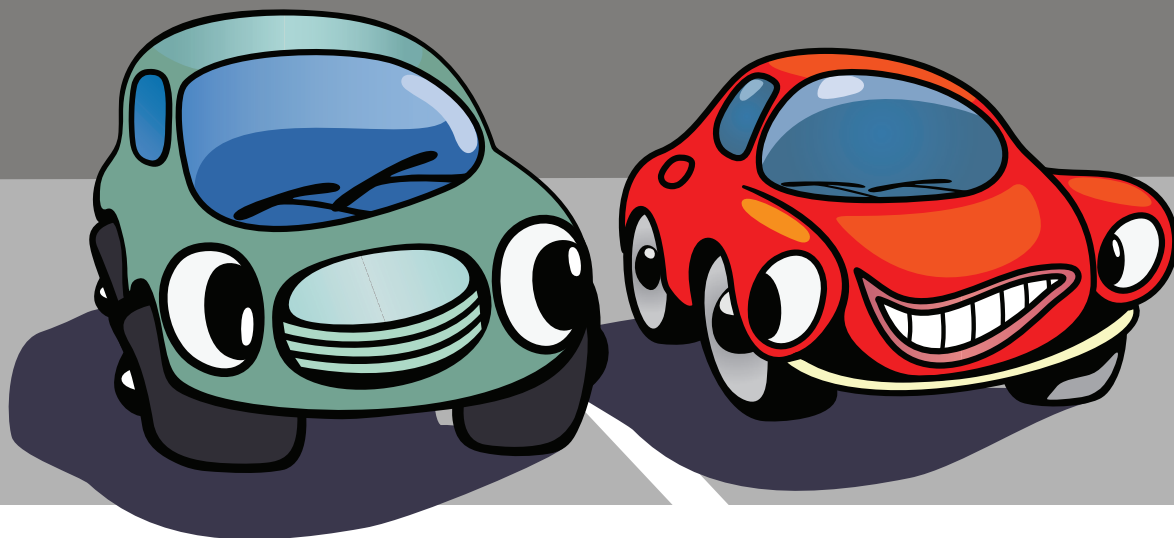
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>> **RUNNING.p82**

maintain proper posture. When you're running, remember to keep your hips slightly forward, aligned with your shoulders and head.

Running with traffic

This one is targeted toward those who run outdoors, which is what I personally prefer. If you only run indoors, skip to the next point. When running outside, runners should stick to sidewalks or paths whenever possible. However, you will probably find a place where the sidewalk or path ends and you must run on the street. If you do find yourself running on the street, you need to be especially careful of motor vehicles. If you are running when it's even somewhat dark, you need to wear reflective gear — drivers are much more likely to hit you if they don't see you.

You also may be drawn to running in the same direction as the traffic flow. However, contradicting what you may have been taught, you need to run in the opposite direction of the traffic flow. When you run in the opposite direction of traffic, you have a better view of motor vehicles around you. Instead of vehicles being behind you, they will be in front of you, which means they will be much easier to spot, reducing your risk of getting seriously injured in a collision.

Not staying hydrated

Your body needs water to function. Your body needs even more water when it is working extra hard doing a strenuous activity, like running. When your body doesn't get enough hydration, your blood volume drops, decreasing your body's ability to trans-

RUNNING.p86 >>



Photo courtesy of Thinkstock
When you run, or do any strenuous exercise, you need to make sure you are hydrated. If you are dehydrated, your performance will be drastically affected.

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File photo: Iowa State Daily

Runners should stick to sidewalks and paths when they run outside. If you choose to run on the street, run in the opposite direction of traffic flow. Also, make sure you wear reflective clothing when you run in the dark.

>>RUNNING.p85

fer heat.

Your heart will then have to work more vigorously to transfer heat.

Ultimately, when you are dehydrated, your body will not be able to perform as well as if

it were hydrated because your heart will simply not be able to keep up with the demands of transferring heat and powering your run.

To ensure you are hydrated enough for your run, drink two cups, or 16 ounces, of fluids — non-carbonated and noncaf-

feinated — an hour before you begin your run. You shouldn't have to drink during your run unless you are running a long distance.

Water is truly the best fluid for the average exerciser. However, if you are working out intensely for more than

60 minutes, you may want to drink a sports drink in order to replenish the calories and nutrients you lost on your run.

If you choose to consume sports drinks, just read the nutrition labels. Many sports drinks will be full of sugar and calories.

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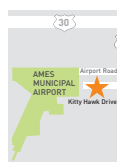
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WHAT IF I LIKE RELIGION?

Religion

Guide to faith groups

File photo: Huiling Wu/Iowa State Daily

People enjoy The Salt Company concert on April 27, 2011, at Cornerstone Church. The Salt Company gives believers opportunities to get together and spend time on worshipping through music.

Christianity

Campus Ministry, a ministry of the Christian Reformed Church, is based on three propositions: the Christian message is relevant to higher education, learning and faith should complement one another and the work people do at Iowa State should be an important part of the Christian journey.

Campus Christian Fellowship is a statewide organization with ministries at Iowa State and the University of Iowa. It is nondenominational and affiliated with the Christian Church/Church of Christ. The fellowship works with North Grand Christian Church and Freedom Ridge Church. Weekly meetings are at 7 p.m. Wednesdays at 2330 Lincoln Way.

Campus Crusades for Christ is an interdenominational Christian group with more than 100 members. The groups has meetings at 9 p.m. Thursdays in room 1414 of the Molecular Biology building. There are also small groups/bible studies that meet.

The Catholic Student Center is part of St. Thomas Aquinas Church, one of two Catholic parishes in Ames and the only one on campus.

Students in their Catholic Student Community run and participate in their Thursday Night Liturgy, as well as other events.

Cyclone Bible Fellowship is an ISU club and a ministry of Campus Baptist Church. Meetings are 6 to

8 p.m. every Sunday at the Lighthouse, located at 112 S. Sheldon Ave. There are also small group Bible studies and monthly activities.

International Student Fellowship, a ministry of Memorial Lutheran Church, is for international students,

scholars and families. The ministry offers several activities, academic help, English conversations groups, Bible study and other groups.

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RELIGION.p90 >>

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Photo courtesy of Keith King/CONNECT

Gospel Extravaganza is an annual event that showcases various regional gospel performers. The show is filled with music, prayer, dancing and poetry. The event is coordinated by CONNECT, based out of New Birth Baptist Church.



File photo: Nicole Wiegand/Iowa State Daily

Frances Clemente, junior in biology, receives ashes during the Ash Wednesday mass at St. Thomas Aquinas Church on Feb. 22. St. Thomas is one of two Catholic churches in the city of Ames, with St. Cecilia in northern Ames.

>>RELIGION.p89

pus Fellowship is for students interested in liberal religious thought. The group meets to create understanding at the Unitarian Universalist Fellowship of Ames.

The ISU chapter of the **Latter-Day Saints Student Association** meets at the LDS Institute of Religion, for classes and meetings every week. The LDSSA also holds a lunch forum every Friday.

ISU International Friendship Connection is

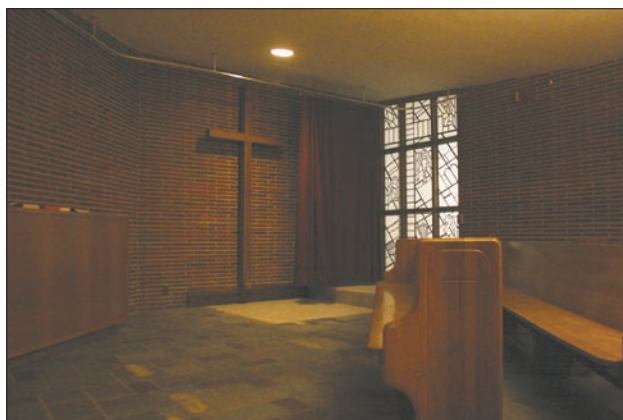
a fellowship of international Christians who want to help international students, scholars and their families. There are family groups in which international and American students meet at American homes each week to hang out, eat and study the Bible. The group is sponsored by Cornerstone Church of Ames.

ISU Korean United Methodist Church Campus Mission is a group of Korean Christian students. Young adult praise and worship is every Friday. Campus Bible study is every Saturday.

Lutheran Campus Ministry, an extension of the Evangelical Lutheran Church of America, provides a community of faith to help promotes personal growth. The group worships at 6 p.m. every Sunday at the University Lutheran Center. The groups also has many other weekly activities.

The Navigators is a Christian fellowship that aims to help students know about Christ and prepare those students to walk and labor with Christ. Freshman Connection is at 8:30 p.m. every Tuesday and Nav Night is at 7:30 p.m. every Thursday. There are also Bible study groups that meet weekly. For location information, the Navigators' website directs questions to 319-404-3730.

The Orthodox Christian Fellowship of Iowa State University is a chapter



File photo: Iowa State Daily

The Memorial Union Chapel offers space for quiet reflection.



**St. Thomas Aquinas Church
and Catholic Student Center**

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Across from the Memorial Union parking ramp

Masses

Saturday 4:45 pm

Sunday 8:30 & 10:30 am
& 7:00 pm (when ISU classes Monday)

Thursday Night Liturgy 9:15 pm

Campus Ministers

Fr. Jon Seda

Fr. James Dubert

Fr. Richmond Dzekoe

Emily Klaus

Shari Reilly

Opportunities for bible study groups, service projects, social activities, teaching religious education, liturgical ministries, and much more. Our library and student lounge are open daily for study (Wi-Fi) and meetings.

<http://www.STAparish.net>



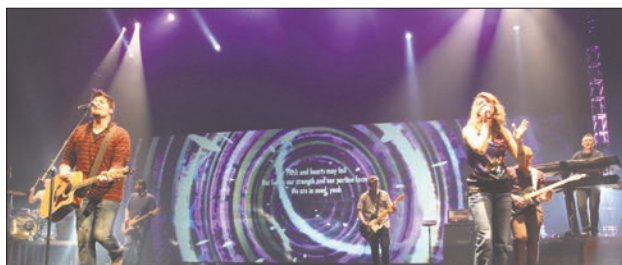
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File photo: Huiling Wu/Iowa State Daily

The Salt Company holds its annual concert on April 27, 2011, at Cornerstone Church. The Salt Company gives believers a contemporary, nondenominational worship experience as well as small group interaction through faith.

>>RELIGION.p90

of the Orthodox Christian Fellowship. A discussion group meets at 7 p.m. the second Thursday of each month in the Memorial Union. There's also Typika prayer service at 7 p.m. every Wednesday at St. John's Episcopal Church.

The River, the collegiate program of First Evangelical Free Church, meets Thursday nights during the school year and also organizes small-group Bible study programs.

The Rock is a Christian group for "twenty-something" singles and college students who desire to use nontraditional ways to develop their spiritual life. It is a part of Stonebrook Church. Small groups meet every week. The Friday Night Rock, which features music, speakers and other performances, is at 7:30 p.m. the second Friday of every at Zeke's.

The Wesley Foundation Student Center, connected to the Collegiate United Methodist Church, offers student worship services and studies, as well as frequent outreach and fellowship events. A worship service is offered at 5:30 p.m. every Sunday at the Collegiate United Methodist Church. The foundation also offers free midnight breakfast from 11:30 p.m. to 1 a.m. on selected Fridays.

The Salt Company, ran by Cornerstone Church, offers a contemporary worship experience, as well as small connection groups and other activities. It is nondenominational, but Cornerstone is informally affiliated with the Southern Baptist Convention.

Buddhism

There are a few meditation groups in Ames. For instance, the **Ames Karma Kagyu Study Group** meets

every Sunday at the Memorial Union. **The Unitarian Universalist Fellowship of Ames** hosts group meditation.

Interfaith

The Interfaith Council of Iowa State University is a student organization made up of representatives from religious and spiritual student groups on campus.

The group invites others to join in on its meetings and events too.

Jewish

ISU Hillel aims to support

Iowa State's Jewish students and to encourage service and learning on campus. The group works with the Ames Jewish Congregation.

Non-religious

The Atheist and Agnostic Society is a group for ISU students wishing to lead a full life without the influence of religion. Members meet weekly at the Memorial Union, and the group puts on events and takes trips frequently.

Contact Dr. Hector Avalos, associate professor of religious studies.

Collegiate United Methodist Church & Wesley Student Center
 2622 W. Lincoln Way (just across from Friley)

Sunday Worship at 8:30 and 11:00

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10:00 through September 2;
 9:15 & 11 beginning September 9,
 coffee & fellowship 10:15-11

WHERE CAN I GO TO LEARN?

File photo: Iowa State Daily



File photo: Nick Nelson/Iowa State Daily

What they don't teach you at study abroad orientation

By Elizabeth.Polsdofer
@iowastatedaily.com

Studying abroad is an undergraduate experience more and more undergraduates are fitting into their college experience more than ever. Students have many options, from doing study abroad "shorts" that last as little as two weeks, to programs that last the entire academic year.

At Iowa State, if you choose to study abroad, which you should, you will have a helpful and experienced adviser who can answer any question you have about finances and language barriers. However, what is not in your pamphlet about studying abroad is almost as important as what is.

1. It changes your life if you do it properly. There will be people studying abroad who treat their time there like a very long extended vacation. The reason why study abroad has such an impact on students is that even if they treat it like a vacation, it still leaves a large impression as something that was very positive in their life. If you don't act like it's a vacation and take your time abroad seriously, your time there will

impact you in more positive ways that just a good memory.

2. Not everything about your life and personality changes overnight. A lot of people study abroad thinking they can be an entirely new person when their time begins there. What most people don't realize is they don't change overnight, and you can't wake up and make yourself an entirely different person overnight. In fact, you'll more likely than not have an identity crisis and scream, "This isn't me!" if you try too hard to change overnight.

3. You develop a second life. When you study abroad you leave your life in the United States and create another life abroad with new people, new routines and new places. Although these changes are overwhelming at first, you learn how to adjust and develop a new normal. A difficult point about studying abroad is talking about your life abroad with people who have stayed in the United States, since when you talk about missing your abroad life, people who haven't been abroad make the mistake of believing you prefer your abroad life to

your home life. A lot of people struggle with these differences, and some handle it by forgetting they ever studied abroad because their abroad life seems too much like a dream. The term "reverse culture shock" doesn't just refer to getting used to your old way of life again; it's about integrating your study abroad life with your home life.

4. You leave with two homes. No one prepares you for how much where you study abroad at becomes your home. Study abroad is not a vacation: It's a home you have away from home when you learn about the world, and when you leave this place, you will become homesick for it. You'll want to go back to the old places you used to be, see friends you used to spend hours with who are scattered across the world and live your old life. It never stops becoming your home, even if you never go back since there's such an intimate familiarity and experience with your study abroad home.

5. You will miss the people the most, not the places. When people think of studying abroad in Rome they think of the architecture, or

when they think of studying abroad in China, they think of the Great Wall, so the most surprising thing is how much the people who you meet when you're abroad really impact your life. You don't leave thinking, "I wish I had seen the Eiffel Tower more," or "If I could only spend another day at the ruins of Machu Picchu," but "I wish I had spent more time with my friends." Studying abroad teaches you the most important lesson you could learn being an international student: it's not about where you're at, it's the people you're with.

6. It goes by too fast. Even at the beginning of year or semester long programs it seems like you're going to abroad for a long time, but when it's over it seems like yesterday you started. People you know who have studied abroad tell you this all the time, but it never sinks in until it's too late, and you wish you could go back in time and warn yourself about this until you're blue in the face. Enjoy every second of your time abroad because when it's over you wish you would have spent every moment you were upset or sleeping doing something amazing.

Education

Online Classes: *Friend or Foe?*

By Ashley Hunt
@iowastatedaily.com

As college students, we naturally want to take the easy class, get the easy A and take the easy road. Many think this means take an online class.

Sure it seems easy — you don't have to attend actual class and get up at 7:30 a.m. to catch the CyRide in time for your 8 a.m. class.

But are online classes really an easy A? Here are some advantages and disadvantages I found with online classes.

Advantages

You don't have to wake up early. You can do your coursework any time of the day. So if you're not a morning person, do your work in the afternoon. If you work during the day, do class work in the evening. It's really whatever works best with your schedule.

You can take the class from anywhere. If you're sick or you're going to be out of town, you don't have to worry about falling behind in your course load — at least for that class.

It's super flexible. Some classes have assignments due every week or every few days, but some classes don't have any due dates. As long as you get everything done by the last day of the course, you're good to go. So you can get all of your work done the very first week of classes and stop worrying — or you can procrastinate it until the very last week.

You can wear your pajamas. Sure, you will go to class and see a lot of students wearing sweats and pajama shorts, but if you're taking the class from home, you don't have to worry about what you wear at all. You don't even have to shower if you don't want to.

You can avoid the bad weather. If there's a blizzard outside or it's pouring cats and dogs you can stay inside and get your class done from your

warm and dry room.

You don't have to stress about taking notes. Everything is offered online. Many classes just post PowerPoint presentations online, so you don't have to jot down notes as your professor lectures. When you study for your test you can just pull up those old PowerPoints.

Disadvantages

You need good time management skills. We all may think that we are good at managing our time and not procrastinating, but the truth comes out in an online class. Since you don't have to attend class physically, it's easy to put the course work off or forget about the class entirely.

And with those classes that have everything due at the end of the semester, you might think you have all the time in the world to get things done. However, you'll probably find the end sneaks up on you, and you're stuck spending hours upon hours and a lot of late nights trying to play catch up.

You don't make a connection with your professor. Online classes can feel very impersonal. Often you don't have a face to go with your professor's name, and you might feel like you're just a number to the instructor. Some classes are taught by faculty here at Iowa State and allow for you to schedule time to meet with them, but many of them have instructors located off campus. Often, the only way to contact them is through email or online.

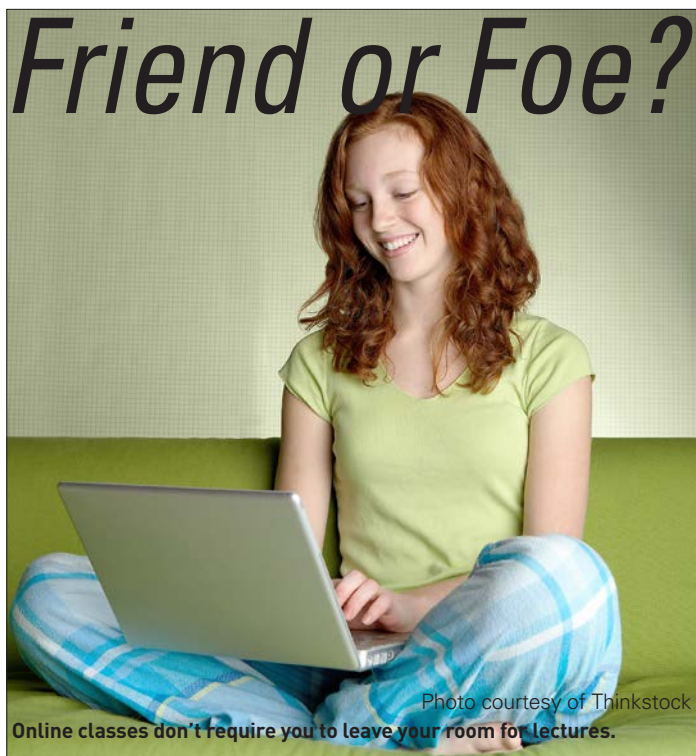


Photo courtesy of Thinkstock



File photo: Huiling Wu/Iowa State Daily

Sometimes it's hard to learn things without hands-on experience or direct contact with an instructor. Reading how to do a math problem from the book is sometimes more difficult than having someone explain how to do the problem step-by-step.

You lack making connections with other students. When students sit in class, they often sit in the same spot every day. This way, they sit by the same students and are not only to make new friends but are able to have someone to contact for help in something they don't understand. You

probably won't be able to find a study buddy in an online class.

Conclusion

In all, online classes are up to you and your preferences. Whether you are ready and capable of taking an online class depends on your personal study habits and your learning style. I'm not that great at mathematics, so in my experience I have found it's probably better for me to take my math courses in person. Often online classes seem like a good idea at the time, but they might not be as easy as you think.

Resources

ISU website guide

By Levi.Castle
@iowastatedaily.com

New websites that people just expect you to automatically know how to use can be intimidating at first. We've all had experiences with domains that just aren't well designed, and yet we were probably somehow forced to use them.

Thankfully, Iowa State's website is far from any of those problems, so the only obstacle in a student's way is

the learning curve. There are a few things to know about the school's website, so let's dive right in to what you'll be using most.

Access Plus is your central hub for everything you do that has anything to do with the school.

After clicking the Access-Plus link at the top of Iowa State's home page and logging in with your student ID, a page with two tabs (A+ Home and Student) on the

right and a list of personal options on the left appears.

Among the personal options in the A+ Home tab, information can be found about your ISU email and other services that require you to log in. These are under the ISU IDs selection, and every new student should get to know their information, as it is vital to access computers on campus. Contact info and safety options are also avail-

ONLINE.p96 >>

Photo: Iowa State University

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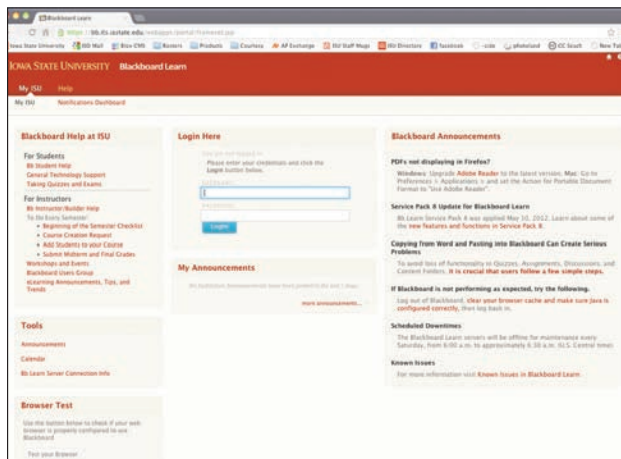


Photo: Iowa State University
Students can use Blackboard to check on homework deadlines, exam dates and their grades in their classes. Some professors use Blackboard to give online quizzes.

>>ONLINE.p95

able on the left.

When under the Student tab on the right, a larger list of options can be found that will give you as much detailed information as possible about your experience at Iowa State. From bills to schedules to dining, everything you need to know or want to customize about your campus lifestyle can be found right here.

Clicking on certain options will expand the list to feature sublists of information. For instance, clicking Account/U-Bill presents a more refined list of what you can accomplish inside AccessPlus.

Be aware that some information won't be available until the actual semester starts, but any questions can be easily answered by calling Iowa State and talking to the department associated with your question.

For example, housing, admissions and dining are all separate, much as they are within AccessPlus.

A quick tip: Don't forget to go down the list and fill out everything that's required of you. There are a lot of things to verify and personalize — even deadlines to meet — so don't ignore anything.

When your Net-ID is set up in AccessPlus, you can use your new information to log in to CyMail, a Google-

powered mail system that you will use consistently.

After clicking the CyMail link at the top left of the ISU home page, logging in will feel very familiar to anyone who has a Gmail account. If you don't, do not fret: The user interface is very slick and easy to get used to.

Blackboard is another tool found at the upper-left of the home screen.

This site is used by several professors as online support to their in-class lectures. Online quizzes and homework will appear here.

After logging in with your Net-ID and password, courses that have to do with Blackboard will be displayed, along with options made available to you by your professors that use Blackboard.

Blackboard can provide heaps of help to those who want a greater connection to the classroom. One of the features is a discussion board that can help connect students who have similar problems or questions about in-class information.

In addition to these links, information about athletics, the library, directory and the school itself can all be accessed through Iowa State's site. Particularly useful is the alphabetical index along the top of the home page.

Much of what you do at Iowa State is done online, so you'll get to know it in no time.

Technology

Where to rent your tech

By Levi.Castle

@iowastatedaily.com

ISU students have access to a massive amount of resources offered by the university.

Of the locations offered by the university, a few stand out particularly well to those who wish to broaden their technology while on campus.

One sort-of-well-known-but-not-fully-taken-advantage-of feature available to anyone with an ISU card is the rental desk at the Media Center, located in the basement of the library.

After walking down the steps to get to the library's classrooms, turning left will put you at one of the best



Photo: Megan Wolff/Iowa State Daily

TECH.p98 >>

The media center in the basement of the library offers movies, CDs and software for students to check out for free with their ISU student ID.

RECREATION SERVICES

Recreation Services

www.recservices.iastate.edu



Outdoor Rec



Fitness/Wellness



Sport Clubs



Intramural Sports



Facilities

>>TECH.p97

music/video rental opportunities ever — and all for free.

“Rental” isn’t exactly the correct word to use; it’s more of a check-out since the cost is simply showing your card. Once you’ve done that, a massive catalog of 5,000 DVDs and 8,000 music CDs are instantly available to check out.

With generous checkout periods like four weeks for CDs and one week for DVDs, even a student with a busy schedule will find time to watch or listen to what he or she chose to get.

Stephen Prell, 22, is a student worker for the library and helps people with the checkout process. “It’s an enormously useful system that we’ve got here,” Prell said. “Our collections are always up-to-date with the most recent CD and DVD releases. We even have a large number of VHS tapes available as well.”

“Up-to-date” mixed with “free” certainly has something to do with the popularity of the service among those who know about it.

Software for classes, textbook and personal use can also be checked out. Students can even go online to the library’s section of the ISU website and reserve a copy (for 10 days) of whatever they’d like to come in and pick up.

Charges do apply if an item is overdue, but with the time allotted to return an item, they shouldn’t be an issue for a student with even minimal organizational motivation.

Another great service is the Funded Media Equipment checkout system offered at the Communications Building in the northwest part of campus.

After finding the building — it’s got a hard-to-miss satellite on its roof — heading straight in and approaching

the counter will give a registered student with just an ISU card access to an overwhelming selection of electronic equipment.

With literally hundreds of choices of equipment, from cameras and projectors to laptops and 4-foot speakers, it is well worth any student’s time to check out what the Communications Building has to offer.

According to Michelle Wilson, classroom services supervisor, the best part of it all is that “while you can’t check out more than one of a certain type of item, you can in fact check out one of everything offered.”

This means that if you and your apartment buddies wanted to host a Super Bowl party, all you’d need to make it epic would be a projector, a 9-foot screen and two massive speakers, all courtesy of the Communications Building.

Another reason to consider this service: They’ll

show you how to use your item when you check out, you can reserve a month in advance, and you don’t even need to keep the items on campus.

Even with the massive inventory of electronics, more and more are being looked into consistently.

“We take suggestions on what to supply; we’re always noticing what we don’t have and making note of it,” Wilson said.

Both students and staff take advantage of what the facility has to offer, with great classroom tools always ready to be checked out.

Lost items will require reimbursement to the school, so make sure to be careful. Small cosmetic accidents are taken lightly.

A list of offered items is available on the ISU website, along with contact information for the Communications Building as well as usage rules and regulations info.

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Mobile

Ideal apps for the college lifestyle

By Levi Castle
@iowastatedaily.com

Almost everyone owns (or at least knows someone who owns) a device capable of downloading apps.

Whether it's a Samsung Galaxy Tab with Android or an iPad with iOS, both Google Play and the App Store have numerous applications that make college life a whole lot easier.

Because of where you'll be attending this fall, it seems only fair to start with apps particularly meant for ISU students. That's where an excellent app called ISU CoE comes in.

This app is by far the most useful one an Iowa State student could ask for. Featuring news, events, athletics, admissions and directory information, this free app has everything you need to stay up to date on your phone or tablet.

And that's not even the best part: The app also sports a fully-functional GPS system (if your device supports it) that features a map much like the default navigation one on most devices. However, this one takes it a step further by labeling each individual building on campus.

Locations can also be searched within the map too, with a drop-pin showing exactly where you need to go.

The app also features an ultra-helpful CyRide section, where daily route pickups and route maps can be viewed at any time. They're constantly updated, so you'll know if the bus is coming before you even leave your room.

While it might sound odd, perhaps the coolest section of the app is the Laundry component. In this part of the app, washer and dryer statuses from all over campus can be viewed right on your device, eliminating the chance that you enter the laundromat only to find that every machine is occupied. The app even tells



you how much time is left on each machine.

At this time, the ISU CoE app is only available for Apple products.

With the major app out of the way, there are a few others that are meant more for specific purposes.

For example, Wolfram Alpha (for Apple and Android) is a must-have for those in mathematics courses. This app will literally solve your toughest equations for you, and while it shouldn't be used to cheat, it's incredible help for a struggling math student that can't find time to talk to the professor.

With the largest keyboard of icons you've probably ever seen, any math problem can be entered, where Wolfram will solve it instantly and even show you step-by-step how to get to the final answer.

It's an incredibly intelligent system that has helped loads of students. The app also easily converts any unit of measurement you throw at it, making it a worthwhile tool for engineering students, too.

Don't forget to check out the slick new Iowa State Daily apps for both Android and iOS, which deliver up-to-date

news right to your mobile devices. These apps are streamlined for whatever gear you

may be using and offer an alternative to visiting the website on your mobile browser.

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Graduate students

Tips for grad students

By Aimee.Burch
@iowastatedaily.com

Congratulations. You completed all your undergraduate coursework. You did the required internship. You took the insanely stressful GRE or other graduate admissions tests. And you got that bachelor's degree.

You're now on to the bigger and better thing called graduate school. Iowa State is a great place to take that step, and while Ames may seem small there is no shortage of things to learn and explore around here.

But sooner or later you will stumble upon an issue that will inevitably stump you beyond belief. Questions like what services are open to graduate students and where these places are even located.

Like you, I've been in that situation. Now, I am by no means an expert in the ISU culture. I have only been here a year. But I did manage to navigate my way around and carve out my niche in the ISU community.

Here's some key resources and helpful hints that I gathered as a member of the graduate college.

Grad students can and should visit the Thielen Student Health Center here on campus, if for no other reason than to know its location. There is nothing worse than trying to figure out where to go when you're feeling absolutely miserable.

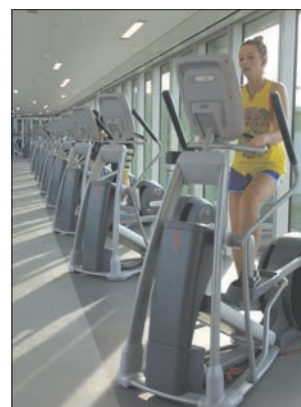
Located on Sheldon Avenue across from State Gym, the center offers students of all education levels services ranging from the

standard student physical to women's health to vaccines.

All students, including graduate and doctoral candidates, are eligible to frequent and use all recreation facilities and services. This includes the recently renovated State Gym, with its new equipment and swimming areas. We are also eligible to participate in any and all intramural sports. This is one thing I have not had the pleasure of doing just yet but would really like to.

There is also a myriad of classes all students can participate in, including Zumba, spin and yoga. Whether you're looking for the fellowship of bonding with fellow students on the field or looking for the solo solace of a spin on the elliptical machine, ISU offers plenty of outlets for just that.

Just remember: Even



File photo: Huiling Wu/
Iowa State Daily

All students have access to recreation services, including the new State Gym facilities.

though you're a grad student, you're still a student. So do all the stuff students do. Go to sporting events and shows. Hang out on Central Campus and the library. Enjoy what Iowa State has to offer.

And if there is ever free food offered on Central Campus, take it.





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Theater

Test your acting chops

By Levi.Castle
@iowastatedaily.com

With so many paths to choose for career options at Iowa State, there are even more hidden within each major. For students interested in performing arts and its related majors, getting to know these options can be a confusing process when dealing with other aspects of school. Luckily, it's not as hard as one might think to get involved in a theater career right away.

Of course, the best first step for performing arts majors is to get very familiar with ISU Theatre, a group of students, faculty and staff who, as the site states, host "commitment to excellence in teaching and



File photo: Iowa State Daily

Actors rehearse Feb. 21 in Fisher Theater for their upcoming performance of "To Kill a Mockingbird." ISU Theatre welcomes students from all majors to audition for its productions.

THEATER.p102 >>

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File photo: Iowa State Daily

A performer dances during Dec. 6, 2006, performance of "The Nutcracker" at Stephens Auditorium. Stephens is just one of many venues for the variety of shows presented at Iowa State.

>>THEATER.p101

creative activity. Its principle research mission is creative activity."

It's easy to tell the program is highly recommended for anybody wishing to pursue a life on (or off) stage. The website also talks about how it's a comprehensive opportunity for undergraduates as well as those looking to go into professional theater training programs. As continual lineups of top-tier shows grace the playlist of the 2012-13 season, there are plenty of shows to take part in, and odds are more than one will strike your fancy. Questions can be answered by calling ISU Theatre at 515-294-2624 or emailing ISUTheatre@iastate.edu.

Another great way to get involved in theater while also being a student is one that may be overlooked because of how obvious it is. This option is one that could literally change your life, as many ISU students have found out. Simply talking to your professors will open up an unbelievable amount of doors to the career you want. Time and time again, students are wowed by how much a professor can tell them about acting and stage management opportunities in the Ames and surrounding areas.

Frequently, a professor will actually suggest a group for the student to join, should that student show the initiative in class that would be required on stage as well. Other times, all it takes is a simple "Excuse me professor, do you know of any opportunities for me around here?" to get you in contact with a group like Story Theater Company or ACTORS (Ames Theatre) that could offer you a job and a chance to get some real-world experience earlier than you might have thought possible.

With facilities like Fisher Theater, Pearson Hall and Stephens Auditorium, the variety of shows and settings is almost endless, as a student could take part in as many shows as there are available. Information about each of these groups can be found at their respective websites in case waiting for school to start is just too long for the aspiring actor or actress.

No matter the major, Ames has plenty to offer those who are willing to seek it. Among the vast amounts of things to take part in with the community, theater has established a solid name for itself due to hard-working patrons of the arts. With determination, any student can be a part of this community's stage talent.



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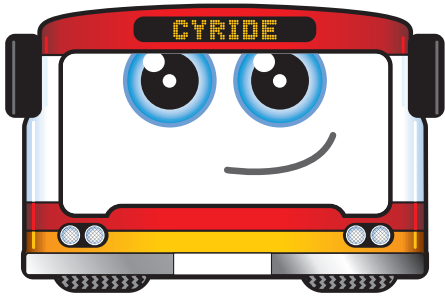
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- 3 Conversations Dining
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- 4 Knapp Storms Dining
Knapp Storms Dining Complex

Restaurants

- 5 Hawthorn Market & Café
Frederiksen Court Community Center
- 6 Clyde's Sports Club
Union Drive Community Center
- 7 MU Food Court
Memorial Union

Convenience Stores

- 8 East Side Market **MB** **DS**
MWL Commons
- 9 Wallace-Wilson C-Store
Wallace and Wilson Commons
- 10 West Side Market
Union Drive Community Center

Cafés

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- 12 Business Café
Gerdin Business Building
- 13 Caribou® Coffee
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- 14 Courtyard Café
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- 15 Design Café
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- 16 Gentle Doctor Café
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- 17 Hub Grill & Café
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- 18 MU Market & Café
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